***What works to reduce burnout and vicarious trauma among refugee service providers***

PDF: <https://mk0switchboardti27px.kinstacdn.com/wp-content/uploads/2021/01/Switchboard-Evidence-Summary-Vicarious-Trauma.pdf>

Owner: Switchboard

Beneficial Content:

* Vicarious trauma defined (p. 2)
* Organizational strategies to combat vicarious trauma (p. 4)
* Self-care strategies for staff (p. 4)

# ***"I Was Already Burned Out, and Now This..."***

YouTube: <https://www.youtube.com/watch?v=4oMHrES93wk>

Owner: Switchboard

Objectives:

* Identify types of occupational hazards related to emotional distress;
* Define two to three best and promising practices in organizational responses to these hazards;
* Recognize how COVID-19 has impacted emotional wellbeing within your agency;
* Develop a personal response to distress; and
* Develop an organizational response to distress.

**Resources to Reduce Anxiety and Stress**

***5, 4, 3, 2, 1 Strategy***

Article: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-4-3-2-1-countdown-to-make-anxiety-blast-off>

Owner: Mayo Clinic

***8 Deep Breathing Exercises for Anxiety***

Article: <https://www.verywellmind.com/abdominal-breathing-2584115>

Owner: Very Well Mind

***Stillness for Stress Relief – 15-Min Meditation Video***

YouTube: <https://www.youtube.com/watch?v=CscxGprl1yw>

Owner: Yoga with Adriene

***Tips to Manage Stress and Anxiety***

Article: <https://adaa.org/tips>

Owner: Anxiety and Depression Association of America