TRAUMA INFORMED CARE & THE WORKPLACE

State of Oregon Employment Department

A SHORT GUIDE TO TRAUMA INFORMED CARE DURING COVID-19

Trauma Informed Care combines knowledge and putting this knowledge into **action**. It is *how* we approach ourselves, another, a policy or a procedure. It is *not* a prescriptive list. We are trauma-informed when we put the principles of safety, trust, collaboration, empowerment, and choice into practice. Below are some ideas, resources and tools to add to your toolbox.

1	**Check the news once a day only.** News can easily trigger past traumas, fear, and anxiety and overwhelm. We can get the information we need through a once-daily news sweep. Check the accuracy of information that you're receiving. Accurate healthcare information from public safety sources may be most useful at this time (WHO, CDC).
2	**Learn about The Window of Tolerance.** You can find a simple infographic here.
3	**Learn and practice ways to calm your nervous system.** This will help when you (or someone else) is outside their window of tolerance. Examples: deep breathing, talking with a friend or colleague, run, jump, dance, spend time with a pet, work on a project with someone. Expand your list of self-care options. Find at least one self-care strategy you can use anytime, anywhere.
4	**Maintain and/or create new daily routines.** Trauma Informed Oregon's Ana Hristic shares more in this 12 minute video here. And click here for more videos on trauma informed workplace wellness strategies from Trauma Informed Oregon.
5	**For a SAMSHA-approved self help guide** to dealing with the effects of trauma click here.

For additional resources on Trauma Informed Care please visit Trauma Informed Oregon.