



Inner Strength Foundation

## Reducing Secondary Stress & Self Care

### Professional Development Programs

#### **Overview**

Occupational fatigue, burnout, and secondary traumatic stress are all too common among teachers, social workers, and those who are involved with supporting populations challenged by adversity. Inner Strength offers a professional development program that helps your staff develop healthy habits of stress reduction that includes incorporating evidence-based mindfulness techniques, deconstructing culturally-conditioned barriers to self-care, and building personalized wellness toolkits.

#### **How Common Is Occupational Fatigue Among Educators?**

Teachers serve multiple roles. In addition to teaching a specific subject area, they often serve as ad hoc social workers, conflict mediators, even nutritionists. The stress of school schedules and teaching populations challenged by poverty and other adversity is often undetected but has an insidious effect. It has been determined that 44% of teachers leave the field within the first five years and 9% leave within the first year. (Ingersoll, Merrill, Stuckey, & Collins, 2018). To prevent this costly talent drain, we need to proactively address occupational fatigue and secondary stress.

#### **What Is Secondary Traumatic Stress?**

According to the National Child Traumatic Stress Network, Secondary Traumatic Stress is, “the emotional duress that results when an individual hears about the firsthand trauma experiences of another.” For educators, child welfare workers, case managers, outreach specialists, and other helping professionals involved in the care of traumatized individuals, the essential act of listening to trauma stories and/or interaction may take an emotional toll that compromises professional functioning.

#### **How Does the Inner Strength Training Help?**

The Inner Strength *Reducing Secondary Stress* program helps individuals:

- Learn tools to integrate stress reduction and rejuvenation seamlessly into their daily routine.
- Learn the basic science of the effect of stress on the brain and body and why tools of mindful awareness can help alleviate those effects.
- Dismantle unexamined beliefs and culturally-conditioned assumptions that often unconsciously prevent individuals from practicing self-care.
- Practice methods of active listening to build a culture of support among colleagues.
- Build a personalized actionable self-care toolkit for each staff member.

To discuss the format and length of program suitable to your staff, please contact Alyson Showell-LaPorta, [Alyson@InnerStrengthFoundation.net](mailto:Alyson@InnerStrengthFoundation.net) or call 215.278.9162.