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# EMPATHIC STRAIN: BEYOND BURNOUT

**NOVEMBER 2021** 

## Purpose

To understand the phrase "empathic strain" in relation to burnout, primary trauma, and secondary/vicarious trauma.

## Background

#### How To

#### Step One:

Understand where your stress comes from at work and in your personal life.

Check your trauma inputs. -What's on your plate?

Step Two:

Increase self-care and strengthen work/life balance.

Self-care inventory

Step Three:

Build resiliency with relaxation and stress reduction practices.

Step Four:

Commit to change.

Make an action plan.

Step

Level 3 Heading

### References

**APA Format** 

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