



# 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