

Do You Know These Terms?

Trauma

The result of an overwhelming amount of stress that exceeds one's ability to cope. Trauma happens when the body and mind can't fully process or recover from what occurred, disrupting the natural healing process.

Secondary Traumatic Stress

The emotional, behavioural and/or physical impact of witnessing, listening to, reading or learning about trauma. STS can impact anyone involved in supporting someone who has experienced trauma.

Moral Injury

The psychological, emotional, social or spiritual distress that arises when an individual witnesses or participates in events that conflict with their deeply held moral beliefs and values.

Vicarious Trauma

When repetitive exposure to trauma information transforms our perspective of ourselves, our worldview and our work. It often develops gradually and may be subtle, but over time, it can deeply affect our sense of safety and meaning.

Negativity Bias

The brain's built-in tendency to notice and dwell on negative experiences more than positive ones. While it's a survival mechanism meant to keep us alert to danger, it can also contribute to chronic stress and anxiety if unbalanced.

Compassion Fatigue

The gradual draining of emotional energy caused by caring for others in distress. It can lead to feeling numb, disconnected, or emotionally overwhelmed - a sign that your heart is protecting itself from ongoing empathic strain.

Burnout

The state of complete emotional, mental and physical exhaustion stemming from chronic stress. Burnout is the feeling of being overwhelmed and unable to meet constant demands.