

How we can be trauma-informed

What does that mean and why is it helpful?

Trauma occurs when we are faced with a threat that overwhelms us and we can't cope.



Five ways to be trauma-informed

Awareness: Talk and learn about trauma and our roles in each other's well-being. You might learn something new about yourself in the process.

Attitude: When we change our feelings, we change how we see things. Instead of "what did you do?", say "what happened?". Lean towards empathy and curiosity over judgement or assumption.

Safety: Make sure everyone's unique needs are met. When we trust each other, we feel safe – mentally and physically.

Options: Being able to choose can be good for people that have experienced trauma. They often were faced with no power, so choices in life are helpful. Make sure you're inviting smaller voices to share their ideas.

Highlights: We all feel better when we shine. Giving space where someone is strong helps them to feel good about themselves. When we experience trauma, we tend to focus on the bad parts of ourself, being good at things helps fight negative self-talk.

Why is this helpful?

We spend almost a third of our lives at work, so when we are trauma-informed at work, it leads to recovery. If leaders in our work talk about trauma, we feel heard and less alone, which helps us to feel better about ourselves and stronger.



Want to know more? Check out these links.

[A free online trauma-informed workplace assessment](#)

[A look at how traumatic experiences in childhood show up later in life.](#)



Need help or have questions?

Lisa
lridgell@jasper-alberta.ca



Key points

- Trauma feels like being helpless, or scared, or distressed
- Adult survivors of childhood trauma often don't realize how much it still affects them
- Trauma can affect a group or culture, like racism or war
- Communities can go through trauma together with things like natural disasters or pandemics