



Trauma and Toxic Stress

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Trauma is the response to a deeply distressing event that overwhelms an individual's ability to cope, causes feelings of helplessness, decreases their ability to feel the full range of emotions and experiences.

Different Types of Trauma Include:

- Grief
- Health Conditions
- Natural Disasters
- Community Violence
- Domestic Violence
- Bullying
- Racism
- Abuse and Neglect
- Harassment
- Divorce
- Financial Loss

Research Tells Us That:

- Stressful working conditions set the stage for injuries at work.
- Depression and burnout are caused at various stress levels.
- Mentally demanding jobs that allow employees little control over the work process increase the risk of cardiovascular disease.
- Stress also increases the risk for development of back and upper extremity musculoskeletal disorders.

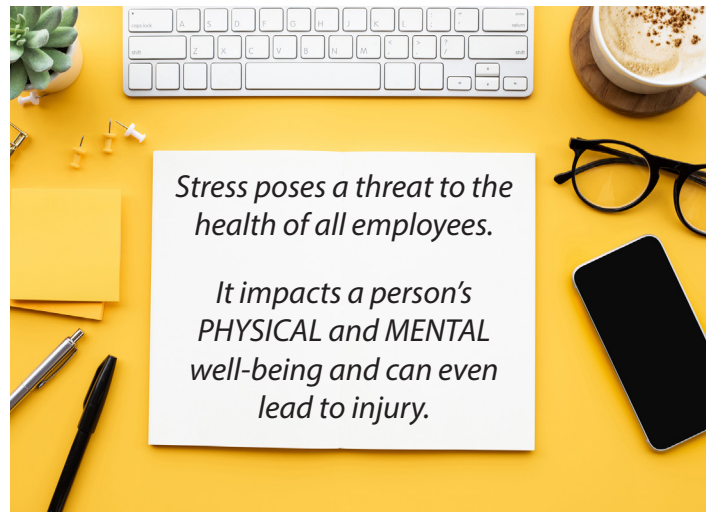
Early Warning Signs Stressful Working Conditions:

- Headaches
- Upset stomach
- Sleep disturbances
- Job dissatisfaction
- Difficulty in concentrating
- Low morale
- Short tempers



Strategies to Improve Overall Health and Reduce Stress in the Work Place:

- Exercise regularly. Thirty minutes of moderate-intensity aerobic exercise is recommended for adults five times a week.
- Maintain good nutrition by eating fruits and vegetables daily.
- Recognize when experiences interfere with your ability to function.
- Your mental health can affect your work and relationships; recognize when you are not in the right state of mind.
- Be aware of how your emotions cause you to react or respond.
- Communicate with other team members and supervisors for support.
- Manage workloads by prioritizing realistically.
- Have balance between work and family or personal life.
- Develop a support network with family, friends and/or coworkers.



Additional Resources:

www.cdc.gov

Kentucky State University Human Resources Department: (502) 597-6438

Abuse, Fraud, Threat, Theft Hotline: (888) 298-4035