|  |  |  |
| --- | --- | --- |
|  | **Before**  | **After**  |
| Sleep  |  |  |
| Eating |  |  |
| Moving/exercise  |  |  |
| Mindfulness/ breathing |  |  |
| Family/friends |  |  |
| Spiritual time |  |  |
| Self-expression/ recreation |  |  |

Examples of Daily Signs of Vicarious Trauma: Law Student Interns and Attorneys reported that they...

• Stop watching or reading the news;

• Wonder how they can carry on with their daily lives when their clients’ lives have been completely disrupted by trauma;

• Stop exercising (or over-exercise);

• Stop going out with their friends or socializing as they used to;

• Consider a different, "more detached" career path;

• Worry (excessively and more than before) about low-likelihood events (such as plane crashes, violence, etc.);

• Feel sad, depressed or otherwise out of sorts;

• Are unable to feel anything, or feel like a robot;

• Have trouble sleeping or staying asleep;

• Watch much more television than before;

• Feel numb and end up mindlessly playing video games for hours at a time;

• Avoid television shows and movies that depict violence or feel increasingly stressed by displays of fictitious violence when they do see them;

• Neglect other hobbies or things they do to care for themselves;

 • Drink alcohol when feeling overwhelmed;

• Feel distant from or angry at their loved ones, especially feeling like they can't understand what's going on;

• Have more dreams and/or nightmares, feel like they can't ‘shut off’ their brain;

• Are afraid of things happening to their loved ones;

• Use drugs to escape, stay awake, or feel better;

• Feel a low but constant state of anxiety;

• Feel uncharacteristically impatient with their colleagues and friends.