



WAGTAIL INSTITUTE

TRAUMA-INFORMED STAFF WELLBEING



Presented by Megan Corcoran

Who is this?

MEGAN CORCORAN

DIRECTOR AT WAGTAIL INSTITUTE

Trauma-informed wellbeing consultant.

Bachelor of Education.

Masters in Applied Positive Psychology.

Lecturer at Monash.

Boxing addict.

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WHAT IS WELLBEING?

1 minute
activity

What is wellbeing?

Option 1: Write a definition

Write a short definition of the word
“wellbeing”

(“how would I explain it to
my colleagues/clients?”)

Option 2: Draw a picture

Draw a picture that represents your
definition of “wellbeing”

(“how could I show my
colleagues/clients?”)

**FEELING GOOD
AND
FUNCTIONING
WELL**

**WELLBEING IN
TRAUMA
AFFECTED
WORKPLACES**



**COMPASSION
FATIGUE**

**VICARIOUS
TRAUMA**

BURNOUT





VICARIOUS TRAUMA

A shift in world view
after exposure to
trauma. It can lead to
similar reactions as
those who directly
experience the
trauma.

(Collison, Filson, Gillard,
Kennedy & Sweeney, 2018)

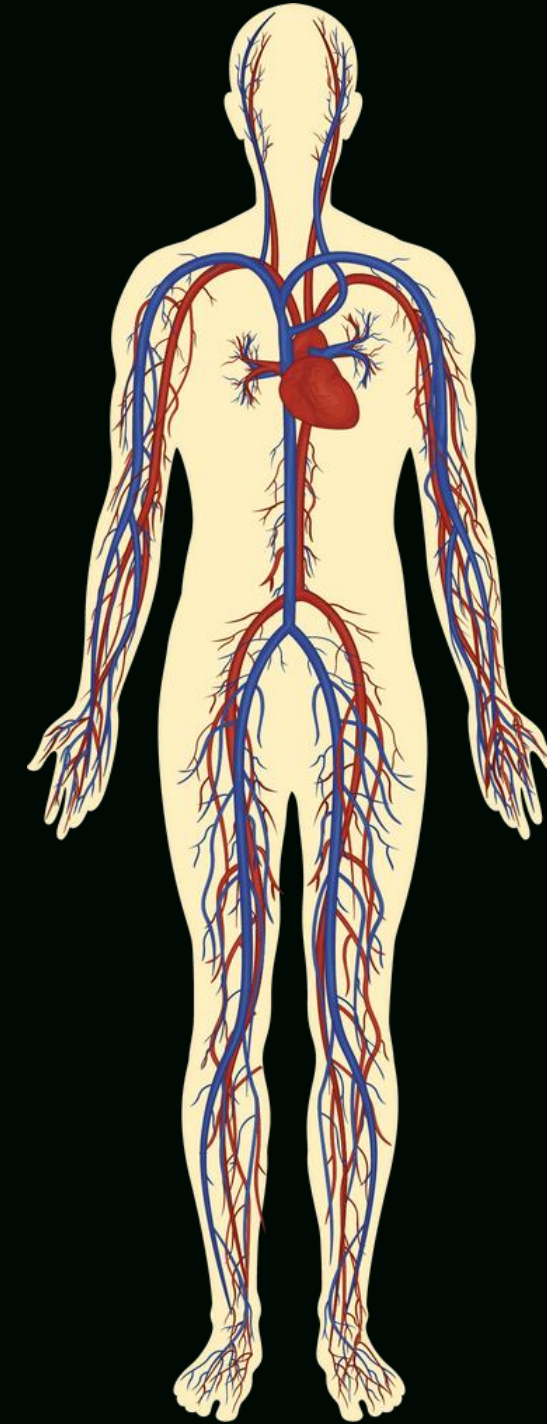
Vicarious Trauma



Vicarious Trauma



Vicarious Trauma





BURNOUT

The prolonged physical and psychological exhaustion that workers can experience from continuous exposure to emotional demands, structural oppression, and social injustice at work.

([Reynolds, V. Riel Dupuis-Rossi, R & Heath, T. 2021](#))

Workplace

burnout

HELP



COMPASSION FATIGUE

Physical and emotional toll of caring for others when we have not been able to refuel, re-energise, and care for the self.

(Ludgate & Teater, 2014; Mate,G 2020)



WELLBEING STRATEGIES

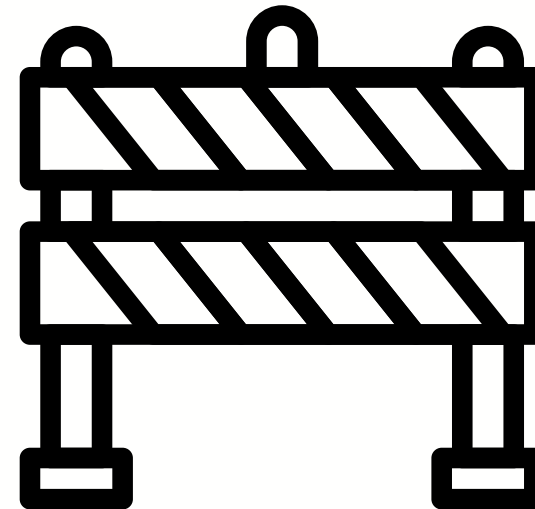


COMPASSION FATIGUE

Physical and emotional toll of caring for others when we have not been able to refuel, re-energise, and care for the self.

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PROFESSIONAL BOUNDARIES

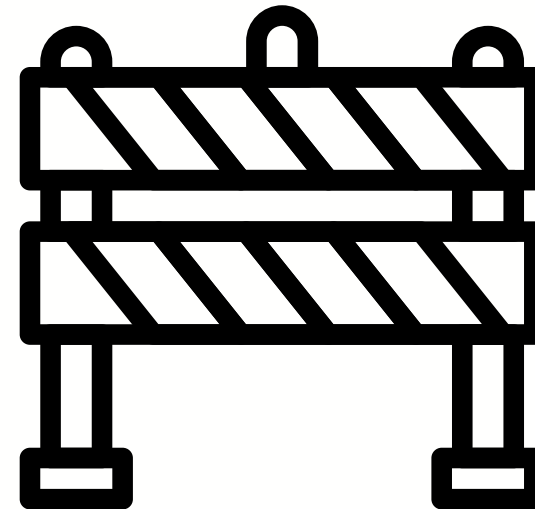


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PROFESSIONAL BOUNDARIES



What is my role?

What hours do I work?

(Is this clear to my
colleagues and
clients?)

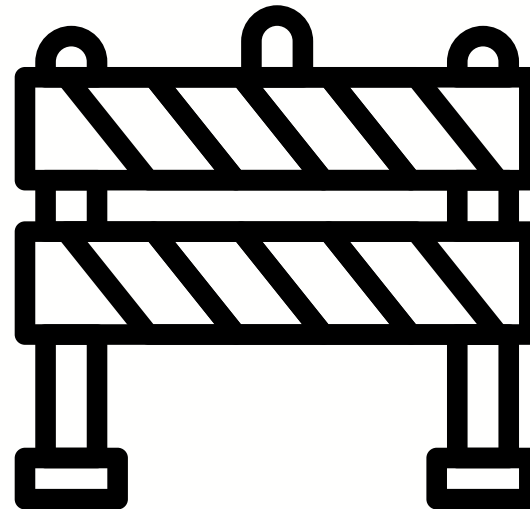


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PROFESSIONAL BOUNDARIES



→
Communicate your
ROLE and your level of
contact clearly

Be consistent in your
words and actions

What is “yours” to do
and what is “the
clients” to do?

Seek feedback from a
mentor

1 minute
activity

Professional Boundaries

Write (or mentally note)

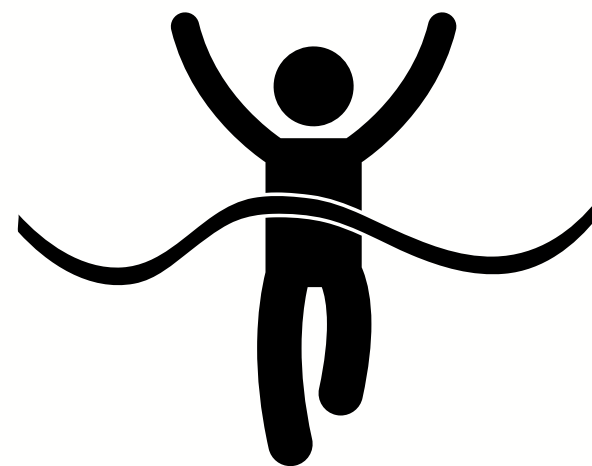
One way you can improve your
professional boundaries.

COMPASSION FATIGUE

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END OF DAY RITUALS



COMPASSION FATIGUE

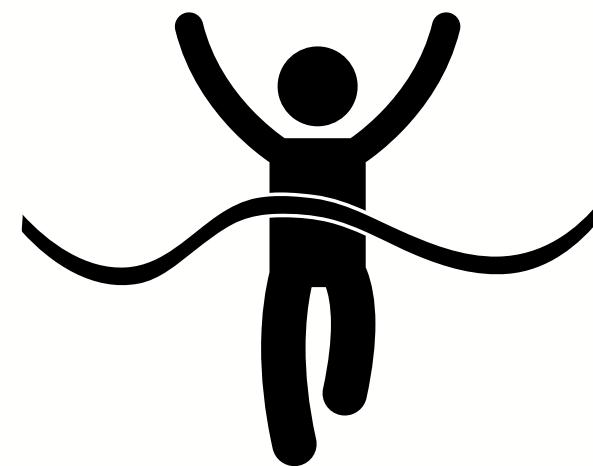
Physical and emotional toll of caring for others when we have not been able to refuel, re-energise, and care for the self.

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How do I leave work
at work?

How do I leave a
difficult day behind?

END OF DAY RITUALS



COMPASSION FATIGUE

Physical and emotional toll of caring for others when we have not been able to refuel, re-energise, and care for the self.

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How do I leave work
at work?

How do I leave a
difficult day behind?

END OF DAY RITUALS



Create yourself an
end of day checklist
for disclosures and
incidents.

Be intentional in how
you finish the work
day.

END OF DAY CHECKLIST FOR INCIDENTS AND DISCLOSURES



Your checklist might include things like:

- having a check-in conversation with the young person or client,
- scheduling a care team meeting,
 - calling a guardian,
- making a referral to a service,
- asking a leader for advice,
 - making a CP report,
 - completing case notes,
- providing them with a safe relationship etc.

END OF DAY RITUAL



Examples of end of day rituals include:

- a check-out question or conversation with colleagues
 - “What went well (and why)”
 - turn off work devices,
 - remove work clothes,
- wash the day away with a shower or swim,
 - get outside,
 - use some movement,
 - play a particular song etc.

2 minute
activity

End-of-day commitment

Option 1: Start your checklist

Brainstorm all the items you could include on an end-of-day checklist

Option 2: Choose a ritual

Write down an end-of-day ritual you will try this week

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**SELF
COMPASSION
ACTIVITIES**



COMPASSION FATIGUE

Physical and emotional toll of caring for others when we have not been able to refuel, re-energise, and care for the self.

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Treat yourself as a good friend who is going through a hard time.

Principles:

Self kindness

Common humanity

Mindfulness

(Neff, K, 2023)



SELF COMPASSION ACTIVITIES



COMPASSION FATIGUE

Physical and emotional toll of caring for others when we have not been able to refuel, re-energise, and care for the self.

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Self-compassion practices can include meditation, journaling, intentional breaks, touch, and self-care activities.

→

**SELF
COMPASSION
ACTIVITIES**



Self-compassion commitment

Explore

:

self-

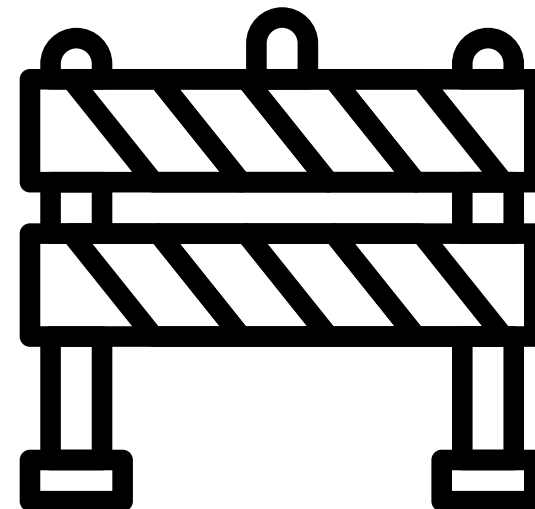
compassion.org

COMPASSION FATIGUE

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PROFESSIONAL BOUNDARIES



END OF DAY RITUALS



SELF COMPASSION ACTIVITIES





Sleep



Connection

**FEELING GOOD
FUNCTIONING
WELL**

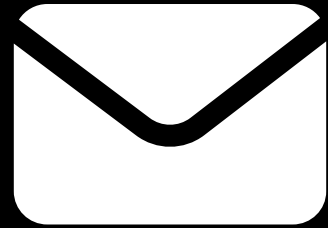


Nutrition



Exercise

Keep in touch



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u



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