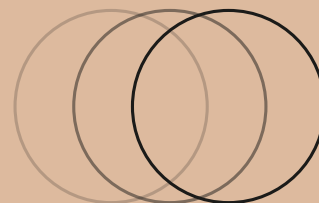


FLOURISH AVEDA CONCEPT SALON, SPA &
MOVEMENT STUDIO + MOSAIC THERAPY
COLLECTIVE

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De-Stress Event



WORKING AS A STYLIST AND/OR IN
A PEOPLE-FACING PROFESSION
CAN BE DEMANDING, BOTH
PHYSICALLY AND EMOTIONALLY,
SO IT'S CRUCIAL TO HAVE
STRATEGIES IN PLACE TO MANAGE
STRESS EFFECTIVELY. HERE ARE
SOME TIPS TO HELP COPE WITH
STRESS IN YOUR PROFESSION:

What is vicarious trauma?

VICARIOUS TRAUMA WAS FIRST
IDENTIFIED IN 1980S AS THE "COST OF
CARING" (FIGLEY, 1982).



How might this show up?

VICARIOUS TRAUMA

Vicarious trauma is a normal response to the ongoing exposure to other people's trauma. Working to support people who have experienced trauma, and hearing, seeing and learning about their experiences, can have a cumulative effect on you and many aspects of your personal life. This could look like

- Intrusive reactions: Dreams/nightmares, flashbacks, obsessive thoughts, physiological reactions, and re-experiencing your memories of previous events or what others have told you from theirs, such as feeling more irritable with clients and colleagues, dreaming about work, feeling hopeless or doubting your abilities.
- Avoidant reactions: General numbing in responsiveness and avoidance. For example, avoiding clients, increased sick days, blaming others, comfort eating, increased alcohol use.
- Hyper-arousal reactions: Hyper-vigilance and difficulty concentrating. For example, difficulty falling or staying asleep, losing sleep over work, distractibility, difficulty retaining information, fatigue

COMPASSION FATIGUE

Beyond empathy, it is also known as secondary traumatic stress (STS), a condition characterized by a gradual lessening of compassion over time. This can happen quite quickly (as opposed to vicarious trauma or burnout).

BURNOUT

Burnout is a long term stress reaction and process that occurs among professionals who work with people in some capacity (Freudenberger, 1974; Maslach, 1982; Maslach and Schaufeli, 1993). It can be brought on by many things, from workplace conflict, to too many responsibilities, perception of self, and consistent overexposure to traumatic material. Often shows up like emotional exhaustion, mood changes, feeling like the world around you isn't real (depersonalization), and reduced performance or accomplishment. You can have increased self-doubt, feelings of numbness or depletion, and ultimately feel feelings of apathy.

Caring for yourself in a people-facing career:



1. SELF-CARE RITUALS:

- a. Intentional time for self-care rituals outside of work (e.g. exercise, meditation, reading, or any other activity you enjoy) and prioritize activities that help you unwind and recharge

2. SET BOUNDARIES

- a. Establish clear boundaries between work and personal life. Create a ritual for separating work and home if you can and try to not mix the two when possible.
- b. Consider how you set boundaries softly in day-to-day conversation, like at work. This can be done by shortening and/or providing less thorough responses to a soft boundary request, such as "I appreciate you sharing that with me, but __ is a hard topic for me to talk about openly right now."

3. TAKE BREAKS

- a. Ensure you take regular breaks throughout your workday. Stepping away from the salon for a few minutes can help reduce stress and prevent burnout.

4. PRACTICE MINDFULNESS

- o Incorporate mindfulness and/or self-reflective techniques into your daily routine to help manage stress in the moment. Techniques such as deep breathing, visualization, or taking intentional slow time to reflect can help calm your mind during busy or challenging times at work

5. SEEK SUPPORT

- a. Don't hesitate to reach out to colleagues, friends, or family members for support when you're feeling overwhelmed. Sometimes, just talking about your stressors with someone you trust can provide relief.
- b. Seek professional help if needed! If you find that stress is significantly impacting your well-being and ability to perform your job, consider seeking support from a therapist or counselor who can provide guidance and coping strategies tailored to your needs.

6. LIFESTYLE HABITS:

- a. Maintain a balanced lifestyle by eating consistently and sufficiently, staying hydrated, and getting enough sleep when possible. Taking care of your physical health can significantly impact your ability to cope with stress.



MOSAIC

THERAPY COLLECTIVE



BROOKE POWERS PH.D., HSP-P,
RYT-200
CEO; LICENSED PSYCHOLOGIST

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Our Services

- Individual Therapy
- Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Walk & Talk Therapy (depending on location)
- Relationship/Couples Therapy
- Adolescent Therapy
- Group Therapy
- Yoga Therapy
- Workshops



Mosaic Therapy Collective is a small team committed to providing holistic care to those who need it. As a woman-owned and queer-identified collective, we understand the importance of inclusive care for all.

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