



SELF-CARE IN CONFERENCE AND EDUCATION SETTINGS

01.

Why It's Important

- Exposure to trauma or crisis situations can lead to vicarious trauma, acute stress, and moral distress.
- Immediate and structured self-care reduces long-term psychological harm.

Our Stance

02.

Trauma hits hard. Structured supervision and self-care helps you recover and stay strong. Workplace stress is a workplace responsibility. Organisations should provide formal debriefing, psychological first aid, and workload adjustments.

Supervision play a key role in:

- Facilitating structured debriefs.
- Monitoring signs of trauma exposure.
- Supporting recovery plans and workload redistribution.

Quick tips:

- ✓ Pause before diving back in
- ✓ Debrief with peers
- ✓ Use grounding techniques
- ✓ Access EAP or counselling



Empathetica Difference

We provide debriefing, psychological first aid, and workload support. With **SAME DAY AVAILABILITY** we always have capacity to support you when you need it.

Critical incident stress is a workplace responsibility. Supervisors are here to help you process, recover, and rebalance.

EMPATHETICA

Empowering People, Elevating Performance

www.empathetica.com.au

SHOP
SUPERVISION
CARDS

Join our next
PRACTICE &
PURPOSE
GROUP
SUPERVISION

BOOK NOW



SELF-CARE IN CONFERENCE AND EDUCATION SETTINGS



BOOK ONLINE
with Empathetica
for **SAME DAY SUPPORT**
& Supervision

Self-Care After a Critical Incident



**Take Time to
Pause and Process**



**Talk with a
Colleague**



**Practice Deep
Breathing**



**Participate in a
Debriefing Session**



**Participate in
a Debriefing
Session**



**Contact EAP or
a Counsellor**



EMPATHETICA

Empowering People, Elevating Performance

www.empathetica.com.au

**SHOP
SUPERVISION
CARDS**

Join our next
**PRACTICE &
PURPOSE
GROUP
SUPERVISION**

BOOK NOW