



























"ONE STEP, ONE IN FRONT OF THE OTHER: THAT'S HOW WE ARE GOING TO DO IT."

COMMUNITY ACTIVIST IN NEW ORLEANS, POST-HURRICANE KATRINA

Trauma Stewardship: An everyday guide to caring for self while caring for others by Laura van Dernoot Lipsky

A SUPPORTIVE WORK ENVIRONMENT

- Supporting your own self care is not only your responsibility, but the responsibility of everyone.
- Supportive and reflective supervision.
- Supervisor and management attention to power and hierarchy dynamics.
- Understanding of your limitations, safety concerns and capacities.
- Concern for what is important to you and your interests.
- Representation of minority groups in management positions.



Self Care
100%

It was great being here with you!
