

## Individual

The most profound influence on trauma stewardship in our lives is our own self and in particular:

1. Your own history of hardship. The significant pain and trauma in your own life.
2. The resources available to you in past dealings with the pain and trauma.
3. What led you to this work. Consider your journey to the seat you're in now.
4. Do you identify with the trauma you see? Is it personal?

**What you need to do is combine your empathy with a dedication to mindfulness, intentionality and self-care.**

## Organizational

In what ways does "the organization" (e.g., both formal and informal policies, practices, habits, conventions) exacerbate or mitigate the effects of trauma stewardship?

Exacerbate

Mitigate

**Service Rationing** describes the process of finding a satisfactory compromise between what you can do and what you are asked to do. In other words, it's the gap between what you would IDEALLY do if you were free to function to the very best of your ability without resource constraint or other obstacles and what you are able to do given the context within which you function.

Are there any places where you see yourself bridging this gap?

What are you doing to manage this gap emotionally?

## Societal

In what ways do you see yourself contributing to your isolation?

In what ways do you see yourself combating isolation?