



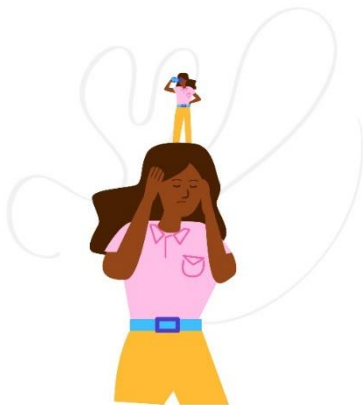
# Common symptoms of vicarious trauma & secondary traumatic stress



A change in world view and in your beliefs about yourself, other people, and the world (specifically for vicarious trauma)



Experiencing nightmares and/or intrusive thoughts

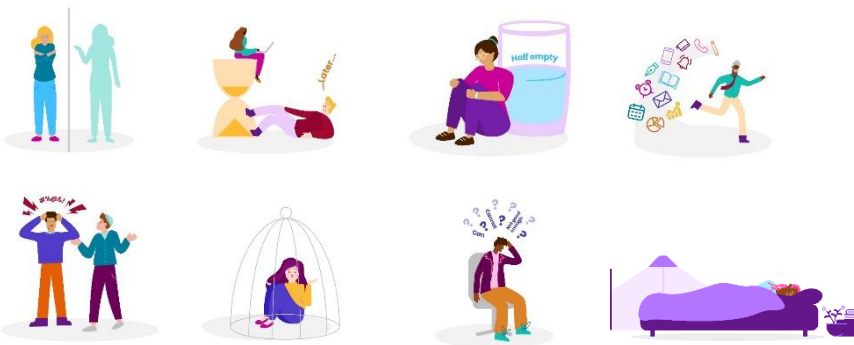


Hypervigilance & difficulty concentrating



Difficulties in relaxing & falling asleep

**Symptoms attributed to burnout could also be an indication that someone is experiencing vicarious trauma or secondary traumatic stress.**



- Depersonalisation
- Frustration & Anger
- Procrastination
- Feeling helpless & trapped
- Having a negative outlook
- Self-doubt
- Feeling overwhelmed
- Fatigue & Insomnia