

Let's Talk: Coping with workplace violence and crises

Presenter: Robert Naceanceno, Clinical Health Services Director

Hi, my name is Robert. Let's talk about workplace violence and crises.

Visual Cue: Workplace violence can be difficult to cope with

Sometimes there are traumatic and very upsetting events that can happen in the workplace and they can impact you, even if you weren't hurt or involved.

Visual Cue: Typical reactions to workplace violence

Typical reactions to workplace crises may include any of the following: Fear and worry, will it happen again? Sadness or depression. Grief, perhaps you lost someone, or you lost your sense of security. Sleep trouble. And anger and irritability.

Visual Cue: Additional reactions to violence

Other common reactions may include confusion and a lack of focus. Perhaps survivor guilt, why did it happen to them and not me? Maybe you're highly emotional. Or on the other end, maybe just numb. Flashbacks are also very common, perhaps even replaying the event over and over in your mind. But it's normal to have all these emotions that really go back and forth and that have different levels of intensity.

Visual Cue: Don't avoid emotions

The key to coping is to deal with the emotions rather than avoiding them. So talk about what happened. Express your feelings and reach out for support.

Visual Cue: Talk about the incident

So talk with others about what happened. Don't isolate yourself. It can be really easy to withdraw and to set yourself out from those that you care about and those that care about you. It's important to talk to others who were there, or maybe those that you can trust. Sharing is an important way to let others know about how you're feeling. And it's also likely that others are experiencing the same thing. So it's a good way to connect.

Visual Cue: Find a way to express your feelings

Express your feelings. This makes your feelings easier to manage. It's better to get them out than to bottle it in and let it fester. And it's also gonna be an important way for you to acknowledge exactly what it is that you're going through. But you got to do this in a way that works for you. For some people it's about talking, talking this out. For others it's about

journaling, something more private. And for others it may be through artistic expression. The bottom line is you have to find a way that works for you.

Visual Cue: Accept support

And finally, accept the support. People care about you and they're gonna want to reach out to help you. Don't blow off the support to show or to prove that you're strong. Instead, accept the support to actually show that you really are strong and you really can take the help.

Visual Cue: A natural process of healing

In conclusion, workplace violence and crises can impact you, even if you weren't hurt or you weren't involved. Feel your feelings, they're natural. They're a normal reaction to an abnormal event. Also, reach out to others. It's important that you get the support that you need to work through this difficult situation. And finally, be kind to yourself. You're human. You're living with a very difficult situation, so be kind and be patient with yourself.

Visual Cue: Resources For Living

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