



ONE MINUTE SERIES #4

Dear First Responder, Medical & Mental Health Professional,

Social Support has an integral role in determining how people recover from the traumatic events they experience at work or life in general.

Numerous studies investigating protective and risk factors regarding PTSD (Post Traumatic Stress Disorder) have found a **correlation between social support and a trajectory of resilience** in the wake of trauma events.

Social support after traumatic events can be defined as the actual or perceived support that is available to a person from **colleagues, friends, their employer, or society** in general.

When people feel endangered **they want to know that they will be understood** and empathized with, offered assistance, & properly cared for if needed on an emotional or practical level. In addition, survivors often measure their importance to others by the manner in which support is offered to them or withheld from them.

Thoughts like "Perhaps I am not worthy of help?" and "Is there any good in the world" can pervade in the aftermath of calamities, and **the way that we interact with survivors** can influence their core **beliefs about themselves** and the world.

Practically, We can **make ourselves available** to the people in our workplaces and lives who are recovering from traumatic events by reaching out, showing that we and are available if needed.

We want to **convey to survivors that they are worthy of help and are not alone.**

By repeatedly demonstrating our support to those in need after traumatic events we also begin to shape the culture in our workplaces and homes to become a culture of understanding & compassion. This encourages recovery from future challenges and promotes resilience & growth, from which all organizations and families can benefit.

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