



Examples of responses to anxiety & secondary trauma¹

 <p>Reduced critical thinking skills /think in black and white</p>	 <p>Retreat</p>	 <p>Stop Listening</p>
 <p>Stop seeing</p>	 <p>Go into flight mode</p>	 <p>Isolation (preventing collaboration)</p>
 <p>Experience difficulty recognising and monitoring emotions</p>	 <p>Low motivation and poor-quality work</p>	 <p>Feel helpless</p>
 <p>Become defensive and start to react rather than think</p>	 <p>Inhibited curiosity</p>	 <p>Increased absences</p>
 <p>Go into attack</p>	 <p>Blame</p>	 <p>Rush around</p>
 <p>Become desensitised</p>	 <p>Inaction/ Freeze</p>	 <p>Strict rule compliance</p>

¹ Info graphic © Griffin Associates