<u>Steps for Practitioners and Leaders</u>

Simple rituals, pauses, and other acts that build in distance from the content can help promote a sense that you are in charge of the material, rather than the other way around. This worksheet provides some steps you can take to help reduce the impact of the stressful content – before, during and after, as Images, Videos, Text, Sound can all have an impact.

Before

- Understanding the why when viewing objectionable material - your purpose
- Pause, and establish a file management to minimise unnecessary exposure, but don't enforce personal workflows on other people
- Ensure your work/life balance is up to scratch.
- The morning is better, avoid evening / before bed exposure - think about the time you are viewing the content.
- Get a room with a vibe - difficult to do in some cases, but a windowless dark room can compound the effects of the material

During

- Have frequent breaks - decompress, distract and avoid saturating yourself with distressing content.
- Sound off for videos, then listen to sound without video – separate the cues.
- Black/White imagery can lesson impact
- A bigger the screen can cause bigger mental impression
- Make light of the situation (but be careful of too much black/gallow humor and avoid humor that is insensitive).

After
- Minimize repeat exposure as much as possible. Consider taking written notes of important features and/or using editing tools to sanitize distressing areas of the content.
- Self-care is a professional duty and needed for personal resilience. You don't have to view everything – view only what is required to answer the information requirement.
- Look after your mates! Be open with them, will help them be open with you. Understand the material that doesn't impact you may impact them.
- Remember, if you don't look after you, you may not be able to complete this task, or the next one that comes across your desk.