

## Definition of Common Terms

- **Stress** - Sense of something is not right and something needs to change
- **Distress** – when the **overwhelm overwhelms**
- **Disorder** - when you **need outside help**
- **Burnout** - when the above leads to **not being able to cope at work**
- **Compassion fatigue** – when burnout leads to a **loss of caring feelings** for patients and loved ones
- **Trauma** - **psychological and physical overwhelm** from stress
- **Complex Trauma- cumulative trauma** often over long periods of time (previous trauma + current trauma = too much trauma)
- **Coping mechanism/skills** - **tools** we can use **to carry ourselves through** (can be positive or negative)
- **Resilience** - a **combination** of **support** and **care** from **outside** and **within**, plus **positive coping skills** that allow us **to heal** after the crisis has passed