

Wellness Resources for Toxic Job Survivors

This document is provided because reading stories about highly stressful and/or traumatizing experiences can bring up a mix of feelings, especially for people who have survived a toxic job.

Reading this website might stir memories of extremely painful workplace experiences.

For some people, a delayed emotional reaction involves difficult feelings emerging several days after reflecting on a toxic job history.

For other people, positive feelings emerge after realizing that they are not alone in having survived a toxic job. Some people experience a combination of positive and negative feelings as shown in the below table.

- Exhaustion

- Embarrassment

- Resentment

- Guilt

- Shame

- Relief that the experience is over

- Sadness

- Confusion

- Pride in having survived

- Fear

- Anger

- Numbness

- Grief

- Comfort from being understood

- Sorrow

If you feel increased stress, on the next page you will find several links to no cost resources as well as tips to help your body and mind move through the difficult feelings.

No cost resources

● The Trauma Research Foundation

The Trauma Research Foundation has a library of recordings including meditation, breath work, yoga, and many more evidence-based practices to settle the nervous system.

[Link to website](#)

● NowMattersNow

The Trauma Research Foundation has a library of recordings including meditation, breath work, yoga, and many more evidence-based practices to settle the nervous system.

[Link to website](#)

● Physicians Anonymous

Physicians Anonymous- provides anonymous support for physicians experiencing suicidal crisis.

[Link to website](#)

● Academic Parity Movement

Academic Parity Movement- provides support for faculty, staff, and students abused in academia.

[Link to website](#)

Helpful activities

Activities that help nervous systems settle include:

walking, dancing, singing, humming, snuggling with pets and loved ones, laughing, crying, creating art, completing puzzles, gardening, writing, and being around trees and large bodies of water.

If you are unable to get outside, watching videos and even looking at still photos of forests, lakes, oceans, and rivers have been shown to improve mood.

Accessing smells, tastes, and sounds from a time in your life when you felt safe, can also help to interrupt distressing thoughts.

Exposure to cold temperatures on the face, back of the neck, and whole body act like an emergency break for distressing thoughts and emotions.

[Here](#) are video demonstrations of cold water on the face and body.

You can also place a bag of ice or frozen bag of peas on the back of the neck for quick relief.

In fact, any activity that brings your attention to a task (e.g., washing dishes, organizing a cupboard) can bring temporary relief by interrupting the brain's default mode network where rumination about negative thoughts occur.

THE AUTHOR



Heliana is a researcher and social work clinician addressing racial and LGBTQ-related workplace trauma with civilian and military personnel. She has designed and evaluated anti-racist and LGBTQ+ Affirming workforce wellness interventions at the Veterans Affairs, governmental health departments, and community-based organizations. Heliana applies culturally-informed Somatic interventions for post-traumatic growth. Her publications address discrimination, institutional betrayal, and suicide prevention on health-care and DEI workforce nervous systems, life span, and career trajectories. For more information about somatic practices to support nervous systems traumatized by workplace abuse including discrimination, please visit Dr. Heliana Ramirez on [LinkedIn](#)