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

Created by New York Health and Hospitals
Office of Behavioral Health