Workforce Development
Module XVIII
Stress Management and Self-Care

Objectives

At the conclusion of this module, participants will be able to:

1. Participants will understand the importance of self care and stress management as key factors in working in a mental health care environment
2. Participants will obtain definitions of burnout, compassion fatigue, and secondary traumatic stress
3. Participants will be introduced to stress self-assessment as a way of self monitoring
4. Participants will participate in developing their own self-care and stress management plan

Outline

✓ Lifespan approaches to workforce development & self-care
✓ Vulnerabilities and stresses for mental health care workers
✓ The Compassion Continuum
✓ Warning signs
✓ Current research—secondary traumatic stress
✓ Organizational prevention
✓ Self care – prevention
✓ Resilience
✓ Stress management strategies
✓ Self care – practices
✓ Exercise