

# NASMHPD OFFICE OF TECHNICAL ASSISTANCE

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## Preparing the Adult Mental Health Workforce to Succeed in a Transformed System of Care

### **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