

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



*Module 18: Stress Management
Post Test*

1) Stress Management for Mental Health Workers is a key component of a transformed mental health system.

- True
- False

2) Even positive events in our lives can be stressful

- True
- False

3) Burnout, Secondary traumatic stress, vicarious traumatization and compassion fatigue can affect all mental health workers.

- True
- False

4) Compassion fatigue can be similar to post-traumatic stress disorder

- True
- False

5) Which of the following are warning signs of stress disorders among mental health workers:

- A. Sleep disturbances
- B. Fatigue
- C. Anxiety
- D. Guilt
- E. Substance Use or Abuse
- F. Anger
- G. Uncaring attitude
- H. Lack of meaning in life
- I. All of the above
- J. None of the above

6) Life long learning and supervision provide measures to help prevent stress disorders among mental health workers

- True
- False

7) Self-care strategies include the following

- A. Development of resiliency
- B. Self assessment
- C. Self awareness
- D. Creating a stress profile
- E. All of the above
- F. None of the above

8) Regular exercise, sleep hygiene, good nutrition, and relaxation are negative self-care practices

- True
- False

9) Self-care enhances our ability to care for consumers

- True
- False