

Module 18: Stress Management and Self Care for Mental Health Workers:
Essential Strategies for Career Success

Post test answers

1. Stress Management for Mental Health Workers is a key component of a transformed mental health system. True
2. Even positive events in our lives can be stressful. True
3. Burnout, Secondary traumatic stress, vicarious traumatization and compassion fatigue can affect all mental health workers. True
4. Compassion fatigue can be similar to post-traumatic stress disorder. True
5. Which of the following are warning signs of stress disorders among mental health workers:
 - Sleep disturbances
 - Fatigue
 - Anxiety
 - Guilt
 - Substance Use or Abuse
 - Anger
 - Uncaring attitude
 - Lack of meaning in life
 - All of the above
 - None of the above
6. Life long learning and supervision provide measures to help prevent stress disorders among mental health workers. True
7. Self –care strategies include the following
 - Development of resiliency
 - Self assessment
 - Self awareness
 - Creating a stress profile
 - All of the above
 - None of the above

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

9. Self-care enhances our ability to care for consumers. True