

# Time and Stress Management Study Guide

- 1) List 6 goals you could use to manage time and Stress in your position as a child welfare worker?

_____	_____
_____	_____
_____	_____

- 2) There are 4 categories for Child welfare stressors. List a description for each.

Public Image of CWS	Role of CWS
Helping Profession	Job Related

- 3) What are five time sensitive tasks that a SW may be asked to complete?

_____	_____
_____	_____
_____	

- 4) What are some of the stressors related to child welfare work can lead to burnout?

_____	_____
_____	_____
_____	_____
_____	_____

- 5) List the 4 categories of burn out and a symptom of each.

_____	-	_____
_____	-	_____
_____	-	_____
_____	-	_____

- 6) What is Secondary Traumatic Stress

_____
_____

- 7) What are some signs of Secondary Traumatic Stress?

_____
_____

8) What are 6 cultural considerations that can influence stress and how we manage time?

_____	_____
_____	_____
_____	_____

9) Child welfare workers from oppressed communities may be at increased risk for trauma exposure and subsequent development of PTSD and/or secondary traumatic stress.

**True**  
**False**

10)What is Compassion Satisfaction?

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11)What are two strategies to build resilience?

_____	_____
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12)What are three strategies to prevent Secondary Stress?

_____	_____
_____	

13)What are three stress management strategies you can incorporate into your daily practice?

_____	_____
_____	

14)What are the 5 domains of self care?

_____	_____
_____	_____
_____	

15)What are the 5 strategies for time management?

_____	_____
_____	_____
_____	

16)What is:

A	_____
I	_____
M	_____
S	_____