

# Stress Management

## Background Notes

Child welfare work is extremely stressful due to the multiple demands and the trauma involved in the work. Having a plan in place prior to experiencing stress will be helpful in avoiding burnout and being effective with clients. Not only will you experience stress due to the demands but your clients will bring their stress with them and this can cause secondary traumatic stress. The symptoms are usually less severe than PTSD-like symptoms experienced by direct victims in a disaster but they can affect the livelihoods and careers of those with considerable training and experience.

## Tasks / Assignments:

- Take the stress-busting test to see how stressed out you are.  
<http://www.stressbusting.co.uk/take-the-test/>
- Go to David Baldwin's web page on stress reduction strategies or find them in the appendix. <http://www.trauma-pages.com/s/strmantd.php>
- Meet with your supervisor and learn about the following:
  - What is an average caseload?
  - What does the office expect in regards to overtime? How can you get help with prioritization when overwhelmed?
  - What is available for training, what are the expectations regarding ongoing training?
  - What can you do if you have a case that is emotionally overwhelming?

## Discoveries:

- *What are the best coping strategies you gained from talking with your coworkers?*
- *What two strategies will you have in place immediately?*
- *What areas seem to be particularly stressful in your environment and do you have ideas about how you can minimize the negative impact of these on yourself?*

# Stress Management continued...

## Tasks / Assignments:

- Identify two strategies you can use on a regular basis to deal with stress prior to becoming burned out.
- Talk to two coworkers about healthy ways they handle the stress of the job. Ask them who are good people in the office to talk with when feeling stressed.

*Discoveries:*

