

# *Autism Initiative: Training Series*

## **Module 2: Key Components in Residential Service Provision Chapter 2.1: Staff Stress and Stress Management**

### **Part 2: Effective Coping Mechanisms**

#### **Self-Assessment of Material**

1. What is coping?
  - a. A way to eliminate all stress and problem situations.
  - b. Working on learning to manage a problem and the related stress.
  - c. Changing the behavior of another person so it no longer creates stress for you.
  - d. Making quick decisions that increase your quality of life.
  
2. Which of the following is an independent way to identify stress?
  - a. Look for physical triggers that indicate you are feeling stressed.
  - b. Look for events that you do not like in the residence.
  - c. Ask a fellow staff member if you seem stressed.
  - d. Ask a supervisor for a stress assessment.
  
3. The four steps of a problem-solving approach include (select all that apply):
  - a. Identify the situation that is causing stress.
  - b. Brainstorm potential solutions to the problem.
  - c. Tell the person who is causing you stress that they are a problem.
  - d. Consider the positives and negatives to each solution.
  - e. Select the solution that seems to best resolve the problem.
  - f. Ask for help with your emotions.
  
4. Which of the following 3 items are benefits of positive thinking (select all that apply)?
  - a. Increased time for leisure activities.
  - b. Decreased levels of stress.
  - c. A greater sense of personal well-being.
  - d. Improved physical strength.
  - e. Better use of coping skills.
  
5. What is time management?
  - a. A method to improve speed in completing goals.
  - b. A way to become more aware of stress and coping skills.
  - c. A way to set goals, decrease stress, and ask more effective questions in the residence.
  - d. A way to set goals, organize and use time efficiently, and decrease levels of stress.