

Self-Care in Challenging Times: Care for the Caregiver in the Age of COVID-19

Satellite Webcast

Social Work CEU Quiz

July 22, 2020

(Select only the one best answer)

1. Symptoms of grief in the Age of COVID-19 may include:
 - A) Sadness
 - B) Anger
 - C) Fear
 - D) Difficulty concentrating
 - E) All of the above
2. Appropriate coping behavior approaches that can be used include:
 - A) Over-indulging
 - B) Social isolating
 - C) Exercise
 - D) Poor sleep patterns
3. Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another.
 - A) True
 - B) False
4. Physical signs of secondary trauma can include:
 - A) Anger
 - B) Depression
 - C) Reduced ability to feel sympathy or empathy
 - D) Exhaustion
5. Self-care basics for a balanced health includes these three:
 - A) Liquid, Solid and Gas
 - B) Natural, Formal and Social
 - C) Wellness, Illness and Emergent
 - D) Physical, Emotional and Spiritual

Name: _____

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