

## STATE OF FL DOH PST 6<sup>th</sup> EDITION WORKBOOK SECTION 12 QUIZ-KEY

The below is intended to compliment or be used in conjunction with the FL DOH PST 6th Edition Workbook dated 2024. FL APCO Training Committee recommends the workbook be thoroughly read in preparation for the state examination. The below is meant to aid, not to substitute or supersede the information found in the workbook.

1. Being constantly exposed to trauma, the impact of shift work, along with having work-life balance challenges, are pressures felt by the PST. **Workbook Pg.215**

**True** or False

2. An investment in the well-being of the PST equates to an investment in the safety and security of the PST. **Workbook Pg. 218**

**True** or False

3. The depletion of empathy and emotional resources is referred to as compassion fatigue. **Workbook Pg. 217**

**True** or False

4. Having training programs as well as health and wellness initiatives are ways in which an agency can invest in their PSTs. **Workbook Pg. 220**

**True** or False

5. Define EAP and give examples of the services they provide. **Workbook Pg. 222 and glossary pg.225**

**Employee Assistance Program - Confidential havens offer counseling and support for issues like stress, anxiety, depression, and family matters.**

6. List three signs of chronic stress. **Workbook Pg. 213**

**Signs of chronic stress, such as fatigue, cynicism, and changes in sleep patterns**

7. Define Peer Support. **Workbook Pg. 213**

**Initiatives where trained colleagues, members of self-help organizations and others meet, in person or online, as equals to give each other connection and support on a reciprocal basis.**

COMPREHEND HEALTH AND WELLNESS OF THE PST



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8. Which of the following are signs of compassion fatigue. **Workbook Pg. 217**

- A. Reduced empathy
- B. Apathy
- C. Desensitization
- D. All of the above**

9. Which of the following contributes to the physical and emotional balance of the PST.

**Workbook Pg. 213**

- A. Healthy eating habits
- B. Adequate rest breaks
- C. Emotional exhaustion
- D. A & B**

10. Stress management training, organizational strategies, training in emotional detachment and mental health resources, affords the PST the opportunity to build \_\_\_\_\_.

**Workbook Pg. 215**

- A. Resilience**
- B. Apathy
- C. Crisis team
- D. Coping mechanism