



STAFF BURNOUT TRAINING QUIZ

1. What is Secondary Traumatic Stress (STS)?
2. Which of the following is a sign of burnout?
3. What is an effective self-care strategy?
4. How can staff build resilience?
5. What can organizations do to prevent staff burnout?

Staff Acknowledgment

I confirm that I have completed the Staff Burnout Training and watched the required video.

Staff Name: _____

Date: _____

Supervisor Signature: _____