Supporting Those Who Support Children and Families

Recognizing Risk and Building Resilience

On-Demand Education Worksheet

KEY TAKEAWAYS

As you reflect on your role and the lessons from this course, use this worksheet to identify key takeaways and consider how you can apply what you learned to support your well-being and professional sustainability.

1. Recognizing the Signs

What signs or risk factors for compassion fatigue will I be more mindful of in myself or my work environment?

2. Understanding the Differences

What distinction between compassion fatigue, secondary traumatic stress, vicarious trauma, and burnout was most helpful to me?

3. Supporting Professional Well-Being

Identify one strategy at each level that could support well-being in foster care practice.

Individual strategy

Supervisory or team strategy

Organizational strategy

MY ACTION PLAN

Choose one realistic action you can take to support your resilience and professional sustainability. Be specific and keep the action manageable within your current role and resources.

The action I will take

When I will start

What could get in the way

Support or resources that could help me follow through

Who can support me or help keep me accountable

How I will know this action is helping

REFLECTION

What is one barrier that can make it difficult to prioritize professional well-being in my work, and what could help me address that barrier?

LEARNING FROM, WITH, AND ABOUT EACH OTHER

I will share or apply something I learned from this course with my team by: