

To receive one training credit, please read the corresponding article and answer the questions below. Return the answer sheet to Community Impact Programs, Attn: Foster Parent Trainer at:

*If licensed in Racine County:* 800 Goold Street, Racine, WI 53402

*If licensed in Kenosha County:* 2108-63<sup>rd</sup> Street, Kenosha, WI 53143

Date: \_\_\_\_\_

Foster Parent Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

### **Caregiver Stress Questions**

1. Why can caregiving be stressful?
  
2. How can caregiving be positive?
  
3. Everybody has developed ways to relieve their stress. Name some ways you have learned to cope with stress.
  
4. How does talking with someone about what is bothering you help you feel better?
  
5. No matter how busy you are, it is important to take some time for yourself and do something enjoyable. T or F
  
6. Name three things that can help you feel more in control and will reduce your stress.
  
7. If you have an unpleasant task to do, it is best to do it *early in the day or later in the day*?  
(underline answer)
  
8. Why is correct breathing important in reducing stress?
  
9. Name four signs that would indicate you may need professional help for stress management.