

Rwenshaun Miller, MA, LCMHC, NCC | Finding your way in a new norm (1 CE hour)

Quiz Questions:

1. Social Systems that impact a client's mental health include all of the following except
 - a. Their economic class
 - b. Their gender
 - c. Their name
 - d. Their race

2. Self-reflection as a mental health professional is
 - a. Beneficial for the professional personally and professionally
 - b. Only good when working with clients
 - c. Prohibited and should not be done
 - d. Time-consuming and pointless

3. Time for yourself as a mental health professional
 - a. Does not help you as a clinician
 - b. Essential when serving others during a pandemic
 - c. Not a good use of time
 - d. Should be limited to weekends

4. All of the following are forms of self-care except
 - a. Binge drinking
 - b. Coloring
 - c. Journaling
 - d. Meditation

5. The pandemic is stressful for
 - a. Just children
 - b. Just students
 - c. Just the elderly
 - d. Everyone

6. Stigma surrounding mental health and mental illness impacts
 - a. Just children
 - b. Just students
 - c. Just the elderly
 - d. Everyone