

**UNIVERSITY OF SWAZILAND
FACULTY OF SOCIAL SCIENCES
DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK
RE-SIT EXAMINATION PAPER, JULY 2018**

**TITLE OF PAPER: MANAGING STRESS: PRINCIPLES AND
TECHNIQUES FOR COPING, PREVENTION AND SOCIAL WELLNESS**

COURSE CODE: SWK 240

TIME ALLOWED: TWO (2) HOURS

**INSTRUCTIONS: 1. ANSWER ANY THREE (3) QUESTIONS
2. ALL QUESTIONS CARRY EQUAL MARKS
3. TOTAL MARKS 100**

**THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION IS GRANTED BY THE
INVIGILATOR**

QUESTION 1

Discuss the signs and symptoms associated with burnout.

QUESTION 2

Explain how stress affects the body.

QUESTION 3

Discuss burnout, compassion fatigue and secondary trauma/vicarious trauma.

QUESTION 4

Explain how you can manage stress.

QUESTION 5

Define self-care and explain how it is beneficial to social workers.

QUESTION 6

Discuss the difference between exercise and meditation, and the benefits of each.