

Suggested Script to Screen for Coping Skills

Every overseas assignment comes with its own set of stressors. Having a good set of coping skills could be the key ingredient in the avoidance of stress and burnout. The next few questions will focus on this area.

- Describe the most stressful working conditions you've experienced.

- How did you manage in these circumstances?

- Do you believe you have a high tolerance for stress? Why?/Why Not?

- Have you ever been exposed to a traumatic event or disaster?

- How did you cope?

- What do you do in the way of self-care after exposure to a high stress/crisis situation?

Courtesy of Catholic Relief Services