

## **Abstract**

This thesis is based on the diploma thesis (Šípová, 2015), and the issues covered in the thesis further develop the issues of the diploma thesis. It covers different psychological stress coping strategies, mental hygiene in the context of the burnout syndrome that can be observed at staff working in organizations that support and accompany foster care families. In the first part the thesis analyzes the problem of guidance in the context of the helping professions, the requirements issued on the staff accompanying foster care families, as well as the specifics and risks associated with this profession and its clientele, the foster families. Furthermore it covers the issues of occupational stress, stress and burnout syndrome, coping strategies and mental hygiene all related to the profession of staff accompanying foster families.

The second part of the thesis is elaborated in the form of empirical research investigation, whose aim was to explore the issue of coping strategies and mental hygiene as a possible prevention of burnout syndrome in the staff accompanying foster care families working organizations that accompany foster families.

In the present investigation, it was found that the accompanying officers perceive as the most burdensome and therefore biggest risk of their work the unnecessary administrative elements, then also the unmotivated, difficult, incompetent, manipulative or abusive clients and poor cooperation with some other institutions and experts in the foster care. As most positive aspect of their work they see the positive benefits of working directly with clients, positive results and outcomes of their work in general, well communicating and cooperating working team, diversity, creativity and diversity of the actual work with clients, meaningfulness and fulfillment, as well as acquiring new experiences, knowledge, skills, and personal and professional growth. Regarding coping strategies and psychohygienic strategies and techniques, that that most of the workers use, the most important seem to be various possibilities of sharing associated with social support (supervision, intervision, sharing in the team, etc.). Important activities of spending free time are sports and recreational relaxation activities, as well as spending time in the nature, being with family and loved ones, and different cultural activities. Furthermore, there are strategies to control the stressful situations associated with the deliberate separation of work and personal life.

**Keywords:** staff accompanying foster families; mental hygiene; coping strategies with stress and burdens; stress; burnout syndrome