

Proactive Skills to Manage Stress & Keep Burnout at Bay

Are you often burdened by stress, finding yourself on the verge of burnout too easily? If your answer is "yes", it's likely that a lack of proactive stress management skills is at the core of your struggles.

Managing stress doesn't happen without effort! Navigating the complex terrain of stress demands a concerted effort, and acquiring the right strategies is pivotal in fortifying your stress resilience and warding off burnout.

Join us in this webinar where we learn to equip ourselves with proactive and practical stress-management strategies that can be easily included in our daily routine to manage stress healthily and prevent burnout.

Learning Objectives

- Understanding the psychology behind stress and burnout
- Understanding how to personally deal with stress
- Application: proactive strategies to cope with stress healthily and effectively

Content Outline

Understanding the psychology behind stress and burnout

- Discovering if stress can be healthy
- Understand the difference between eustress and distress
- How to recognise signs of burnout

Understanding how to personally deal with stress

- Understanding the 3 personality of stress: The Helper, The High Achieve, and The Responsible One
- Understanding the different approaches one may need to manage their stressors depending on their personality of stress

Application: proactive strategies to cope with stress healthily and effectively

- Learning the internal work needed to manage stress
 - Relaxation exercise, meditation, progressive muscle relaxation
 - Positive self-talk
 - Self-awareness
- Leveraging external change to enhance your stress management strategies
 - Self-care
 - Fostering social connection
 - Setting boundaries
 - Using productivity hacks and tools