

Proactive Skills to Manage Stress & Keep Burnout at Bay

In this 3-hour interactive workshop, participants will explore practical and evidence-informed strategies to better understand stress and burnout, recognise early warning signs, and build simple daily habits that support wellbeing. Through reflection, discussion, and hands-on activities, the session will equip participants with tools to regulate their nervous system, reframe unhelpful thoughts, set healthy boundaries, and create a personalised action plan to manage stress more proactively in both work and life.

Learning Objectives

- Understand the difference between stress and burnout, and recognise early warning signs.
- Reflect on personal stress patterns and current coping strategies.
- Apply practical tools to manage stress and build healthier boundaries.

Content Outline

Understanding stress and burnout

- Defining Stress & Burnout: What stress is, how it shows up, and how it differs from burnout.
- Healthy vs Unhealthy Stress: Eustress vs distress and when stress becomes too much.
- Recognising Burnout: Early warning signs and the 3 types of burnout.
- *Activity: Self-reflection: What's on Your Plate?*

How do you currently handle stress?

- *Activity: Stress Coping Bingo*
- Exploring Coping Styles: Helpful vs unhelpful coping, short-term relief vs long-term impact
- Control, Influence, Accept Framework: Shifting energy toward what we can control
- *Activity: Changing Our Perspectives*

Proactive Strategies to Manage Stress & Prevent Burnout

- Learning the internal work needed to manage stress
 - Breathing techniques and nervous system reset (*Guided practice*)
 - Thought reframing and emotional regulation (*Guided practice*)
- Leveraging external change to enhance your stress management strategies
 - Self-care and fostering social connection
 - Setting boundaries (*Guided practice*)
- Personal Stress Action Plan & commitment