

# RESPONDING TO BURNOUT: SIGNS, SYMPTOMS, AND STRATEGIES

## WHEN

Friday, August 20, 2021, 9:00am to 12:00pm MST

## ATTENDANCE OPTIONS

In-person: AUCH Training Center, 860 East 4500 South, Suite 302, Salt Lake City, UT, 84107

Virtual: Zoom (link is provided upon registration)

## COST

AUCH Members: In-person \$20; Virtual free | Non-members: In-person \$30; Virtual \$15

*Breakfast will be provided for in-person attendees.*

## TARGET AUDIENCE

Behavioral Health, Billing, Finance, Medical Directors, Operations, Outreach & Enrollment, Pharmacy, Quality Improvement, and EDs/CEOs

## OVERVIEW

More than the stress of our daily work, burnout has serious consequences on both our physical and mental health. When we feel burnt out, we become exhausted and lose sight of the joy we once had in our work. While there's no one-size-fits-all answer for how to handle burnout, there are clear triggers you can watch out for and proven techniques that will help you respond to burnout symptoms. In this three-hour workshop, participants will learn the building blocks for cultivating their resilience, including:

1. The various definitions of burnout
2. Some of the indicators that you may be suffering from burnout
3. Strategies for responding to burnout

**\*\*This workshop can also be taken on-site to health centers for an individualized training. Contact [Emily Bennett](#) for more information. \*\***

## LEARN MORE AND REGISTER TODAY

For questions about this training, please contact [Emily Bennett](#).



**AUCH**

ASSOCIATION FOR UTAH COMMUNITY HEALTH