BURNOUT PREVENTION LECTURE SERIES

OVERVIEW

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

The COVID-19 pandemic has had a profound negative effect on the mental health of the nation, especially among those who are faced with combatting the virus. Burnout in health care professionals is widespread and growing; recent studies indicate elevated levels of burnout, along with related conditions of depression and emotional exhaustion.

The purpose of this lecture series is to address the symptoms of burnout that are experienced individually as well as organizationally. Participants can expect to receive practical tools and tips for burnout prevention as well as hear the lived experiences of others and how they overcame burnout in their professional careers.

WHEN

- Session 1: Lived Experience: Burnout and the Role of Self Care
  September 16, 2021, 9:00am-10:00am MST - LEARN MORE & REGISTER
- Session 2: Sustainable Self-Care
  November 18, 2021, 11:00am-12:00pm MST - LEARN MORE & REGISTER
- Session 3: Conquer Your Stress: Practical Stress Reduction Techniques, Self-Care, Work/Life Balance
  January 20, 2022, 9:00am-10:00am MST - LEARN MORE & REGISTER
- Session 4: The Deep Well: Skills for Sustaining a Career in the Helping Professions
  March 17, 2021, 11:00am-12:30pm MST - LEARN MORE & REGISTER
- Session 5: Title TBD
  May 19, 2022, 9:00am-10:00am MST - LEARN MORE & REGISTER

COST

AUCH Members free | Non-members $20

TARGET AUDIENCE

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

LEARN MORE AND REGISTER

For questions about this training, please contact Emily Bennett.

AUCH
ASSOCIATION FOR UTAH COMMUNITY HEALTH