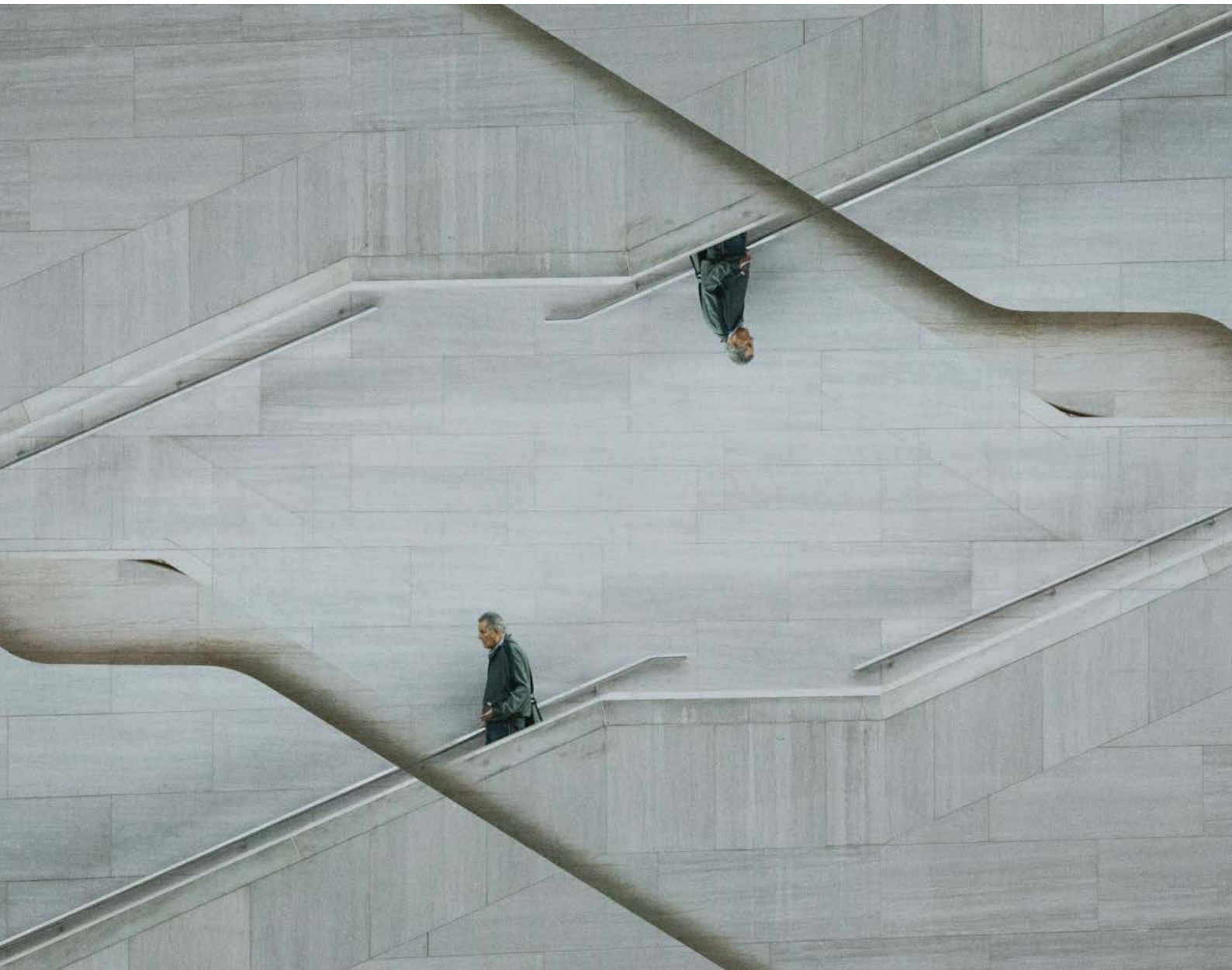# MANAGING STRESS & AVOIDING BURNOUT

SESSION OVERVIEW

PROVIDED BY MENTAL HEALTH IN BUSINESS

MANAGING STRESS & AVOIDING BURNOUT - 2 HOUR WORKSHOP

Since early 2020, we have collectively been living through an extraordinarily stressful time – most people have been coping with unforeseen change and challenges, uncertainty, anxiety and worry.

Many people have had their businesses hugely impacted by the coronavirus pandemic, many have lost their jobs, been adapting to working at home, coping with isolation and home-schooling children who may themselves be struggling emotionally. Sadly, many people have been bereaved during the pandemic and, like many people with existing physical or mental health conditions - may not have been able to access the support needed.

We all experience stress to some degree – some might say that some stress is healthy or helpful, because it motivates us and keeps us moving.

However – there is considerable evidence that suggests that high levels of persistent stress at work can lead to mental ill-health and contribute to serious physical ill-health or even burnout.

During this 2-hour workshop, participants will learn about the effects of stress, how to manage stress, the link between burnout and mental health and how to avoid burnout.

The session will involve interactive discussions and group exercises which are specially designed to ensure effective learning in a short timeframe within an online environment.

AFTER ATTENDING PARTICIPANTS WILL:

1. Understand the impact of stress

You will be able to spot the signs of stress in yourself and colleagues and know how to manage stress better, in order to enjoy better mental, physical and emotional well-being.

2. Recognise the signs of burnout

You will be able to identify if you, or your colleagues, are showing signs of burnout. You will understand the relationship between burnout and mental health and be able to take steps to avoid burnout and promote good mental well-being for all.

3. Understand what an anti-burnout culture looks like

You will be equipped to burnout-proof yourself, your team and your organisation and be able to create a psychologically safe and healthy working environment in which every person is supported and enabled to experience good mental well-being and to truly thrive.

We identified burnout as being a key risk to our operations and staff well-being, particularly with our new hybrid way of working. This session delivered by Mental Health in Business has offered our line managers critical support in understanding the issues and the various stages that can lead to burnout and spotting physical or behavioural symptoms that colleagues at risk of burnout might be displaying. They were able to offer practical support on how to avoid burnout both on an individual basis and how to support us to build an 'anti burnout' culture.

Catherine Wilmot, Executive Director (Operations & Finance) Northern Housing Consortium

PRICE

£1500 + VAT for up to 25 attendees (POA for larger groups).

Included:

- Powerful 2-hour workshop.
- All attendees will receive a resource pack building on all of the key topics covered in the live session.
- Hosting platform to be agreed depending on your organisational requirements.

WHAT'S NEXT?

To speak to one of our team about hosting this workshop for your organisation call 01788340180 or email info@mhib.co.uk

> *Burnout is a state of vital exhaustion. It refers specifically to the phenomena in the occupational context and should not be applied to describe experiences in other areas of life.*
>
> **World Health Organisation, 2018**