

How to support people who are suffering with pandemic fatigue and burnout

Session length: Manager Workshop: 2.5 hours online

We have all been affected by the Covid pandemic and many people are suffering either now or will in the future with *pandemic fatigue and burnout*.

In this session, we will give participants an insight into the science of why this is the case. We will explore the different brain chemicals and how they affect mood, anxiety, stress and well-being. We will help you develop some simple strategies to help build and maintain your resilience so you can overcome fatigue and burnout.

This session will be structured around the following themes:

- How do you recognise the difference between stress and burnout? Why has the pandemic caused such an impact on our mental health? What are the physical and mental impacts for us? Why is wellbeing so important now?
- How can we learn about the neurotransmitters that stimulate positive mental health, resilience and feeling good, to overcome the impact of burnout and pandemic fatigue?
- What tactics can we develop for ourselves and our team to create a balance of these brain chemicals to enhance positive mental health and wellbeing?
- Call to action and personal commitments!

Session outcomes:

- An understanding of what causes burnout.
- Why are we seeing more evidence of burnout during the COVID pandemic?
- What can we learn from neuroscience about pandemic fatigue?
- Development of a range of strategies to alleviate symptoms and causes of pandemic fatigue and burnout.