

Are you at risk of suffering with pandemic fatigue and burnout?

Session length: Staff Workshop: 2 hours online

The pandemic has been hugely challenging for most people. We have all been affected and many people are suffering or will suffer 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 how our brain chemicals affect mood, anxiety, stress and well-being – and how we can work towards a better balance. The session will also help you develop simple strategies to help build and maintain your resilience to overcome fatigue and avoid burnout.

This session will be structured around the following themes:

- Recognising the differences between stress and burnout
- Understanding the physical, emotional and mental impacts on ourselves and others
- How our neurotransmitters stimulate positive mental health, resilience and feeling good
- Habits we can develop to establish a positive balance at work and at home
- Giving yourself permission for self-care
- Call to action and personal commitments!

The session will result in a personal action plan to help you prioritise and maintain your own wellbeing and resilience through the challenges ahead.