

# **PREVENTING BURNOUT STRESS MANAGEMENT WORKSHOP OUTLINE**

There will be a combination of lecture, handouts, individual exercises, and discussion covering the following areas:

## **I. Physical Self Care**

- A. Nutrition
- B. Proper rest and sleep
- C. Exercise
- D. Natural light
- E. Avoiding tobacco and other drugs; avoiding or moderation with alcohol
- F. Breathing
- G. Laughter and Play

## **II. Other Self Care**

- A. Positive self talk
- B. Avoiding negative people
- C. Building healthy support systems
- D. Setting priorities and managing time
- E. Assertive behavior

## **III. Major Tool: Formal Relaxation and Imagery**