

Breaking the Burnout

Running on empty?

According to the World Health Organization, burnout is an occupational phenomenon resulting from chronic workplace stress that leads to low productivity, faltering relationships, increased absenteeism and high turnover. This presentation will teach burnout prevention, self-care habits and implementation strategies to nurture relationships and **restore one's sense of self.**

Join us to:

- Define burnout
- Understand the impact burnout has on you
- Identify signs of burnout in yourself
- Be comfortable implementing strategies to prevent burnout



Virtual Presentation

Date: Monday, Sept. 14

Time: 2-3 p.m.

[Click to Register Now on Webex](#)
or scan the QR code



Healthy Reward Points:

Earn 5 Healthy Reward points for attending. Participants must register and attend via Webex for points to be awarded.



Questions? Contact Workforce
Health at 414-777-3410

Monday-Friday: 7:30 a.m.-4:30 p.m.



Workforce Health