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Health Professional Program

# Navigating Burnout: Practical strategies to support wellbeing

## Audience

Health Professionals.

## Duration

90-minutes.

## Modality

Interactive workshop.

## Topics

- Causes, signs and symptoms of burnout
- Apply practical strategies to address burnout
- Resources and supports to manage burnout

Scan to register



**phn**  
WESTERN NSW

An Australian Government Initiative

## Description

Are you feeling burnt out? You're not alone.

Black Dog Institute's Navigating Burnout module has been developed specifically for health workers to reduce the impact of burnout in a way that is sensitive to your unique challenges.

This 90-minute interactive workshop covers the causes, signs and impact of burnout and unpacks some of the practical strategies that can be applied by those experiencing burnout. We'll also share some resources and supports available to help with the management of burnout.

The Navigating Burnout module forms part of The Essential Network for Health Professionals (TEN) which connects health workers to a network of essential resources and support to manage stress and to maintain good mental health. TEN offers mental health screening, peer to peer support, access to Black Dog Institute's clinic plus evidence-based tools and resources. It is entirely free and confidential.

**TEN (The Essential Network) is generously funded by the Commonwealth Department of Health.**

## Learning Outcomes

- Identify the factors contributing to burnout
- Recognise the signs of burnout
- Identify practical strategies to support the management of burnout

## Time, Location, Cost?

Wednesday, 24 July 2024

7:00PM – 8:30PM

Online via Zoom

This activity is funded by the Western NSW PHN for AHPs and GPs in the Western NSW region.

Register online or at [education@blackdog.org.au](mailto:education@blackdog.org.au)



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