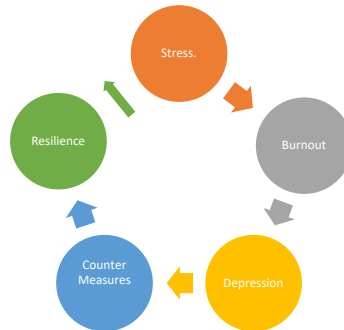


In today's seminar we're going to learn how to



- \* Recognize Stress, and anxiety
- \* Deal with Burnout to avoid depression
- \* Recognize signs of Depression
- \* How to counter stress
- \* How to build Resilience

### STRESS and ANXIETY

Popular in today's culture, busyness is the word. But too much busyness can cause stress and anxiety leading to burnout, and depression. The symptoms are similar. Reacting to stressors is beneficial for our mental and physical well-being when working properly. Stress helps us to rise up to meet the challenges that come our way. However, when we react negatively to the stressors, we become anxious. Learning to manage stressors and our reaction to them is the key to a healthy life.

#### How do you recognize if you're suffering from Stress?

- Do you have frequent feelings of apathy, emptiness, maybe hopelessness?  Yes  No
- Do you feel lack of motivation?  Yes  No
- Do you have physical symptoms such as headaches, digestive discomfort?  Yes  No
- Do you experience sleep issues: too much or difficulty sleeping?  Yes  No
- Do you have frequent feelings of either cynicism, anger, or irritability?  Yes  No
- Do you feel drained as in lacking energy; emotion exhaustion?  Yes  No
- Have you noticed that your everyday tasks are lagging?  Yes  No
- Does running away sound like a good idea?  Yes  No

Do you have a sense of dread about

🔍 Burnout is the result of an extended period of stress. Extended burnout leads to depression

How do you counter stress and anxiety leading to burnout and possibly depression?

- \* Have a sense of purpose. Know your “why”
  - \* Adopt self-care habits
  - \* Build your emotional intelligence
  - \* Develop positive self-talk
  - \* Express gratitude
  - \* Say NO to new tasks and invites
  - \* Give up unrealistic expectations and perfectionism
  - \* Reassess your obligations/scratch some/reorganize what’s left
  - \* Allow for downtime
  - \* Obtain Social support