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# Burnout w/ CAP

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This workshop invites participants to explore burnout and the role it plays in their daily lives. With the right tools and some practical and effective self-care skills, you learn to decrease the negative effects of stress and increase personal health, happiness, and well-being.

In this workshop, you will:

- Investigate the stages of burnout.
- Find out how to prevent burnout.
- Explore the stress management skills necessary to thrive.

**NOVEMBER 29TH**

**12PM-1PM**

**EAD 291**

**hsc** ™