

BEYOND BURNOUT

Mental wellness strategies to help you cope

A workshop series for MALPH members—brought to you by the Stay Well program

Feelings of professional burnout are rampant in the American workforce these days. The past two years have pushed us to our limits, challenged our spirits, and prompted questions about our chosen careers (“Is it worth it?”). These feelings are amplified within the public health field, where workers have been badgered, belittled, and threatened just for doing their jobs.

To help you cope, the Stay Well program at the Michigan Department of Health and Human Services (MDHHS) invites you to BEYOND BURNOUT, a series of short workshops (15 minutes of teaching followed by discussion and debriefing). These sessions will explain why your reactions to pandemic-related stress are perfectly normal and offer practical strategies for improving your mental wellness as we turn another corner in the COVID-19 pandemic.

Register for the workshop series that best fits your job description:

For Leadership – REGISTER HERE: <https://bit.ly/3vdJ1Pv>

May 3 – Response to Direct and Secondary Trauma

May 5 – Burnout and Being Burned Out

May 10 - It's Okay to Not Be Okay: What is Pandemic Flux?

May 12 – How Leaders can Support Staff and Address Burnout

For Clinical Staff - REGISTER HERE: <https://bit.ly/3rneZ5K>

May 17 – Response to Direct and Secondary Trauma

May 19 – Burnout and Being Burned Out

May 24 – It's Okay to Not Be Okay: What is Pandemic Flux?

May 26 – Improving Wellness: Practices to Alleviate Burnout

For Frontline Workers – REGISTER HERE: <https://bit.ly/3jzEwUB>

May 31 - Response to Direct and Secondary Trauma

June 2 – Burnout and Being Burned Out

June 7 – It's Okay to Not Be Okay: What is Pandemic Flux?

June 9 – Improving Wellness: Practices to Alleviate Burnout