

Sample Burnout Prevention Agendas

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Mindfulness Skills for Busy Professionals and Leaders

- How to use a present-focus to clarify priorities in a multi-tasking world.
- Simple breathing techniques and relaxation skills for quick coping on the job.
- How to use mindfulness to clarify and set important boundaries for work / life balance.

Mental Health Awareness and Communication Skills as a Manager

- How to recognize stress vs. burnout vs. anxiety vs. depression on the job.
- How to model self-care as a manager while staying productive on the job.
- Communication skills for supporting the mental health needs of your staff.

Leadership Self-Care Tool Kit:

- Mindfulness + emotional labor skills for strategic leadership
- Cognitive empowerment skills for overcoming imposter syndrome
- Coping with demanding Environments: Acceptance and self-validation skills

Relationship Skills as a Mission-Driven Leader:

- Understand how research into predictors of “relationship demise” can help you identify and interrupt toxic relationships at work.
- Learn research-backed “antidotes” to toxic relationship patterns (eg. Gottman, DBT skills) to help you reduce conflict and improve morale.
- Learn essential leadership skills to remain effective in your work, such as identifying your boundaries, asking for what you want, better understanding your peers, and practicing self-care during heated conflict.

Finding Value in Self-Care:

- Learn how identifying your values can improve your self-care routine.
- Practice strategies in psychological flexibility to better align your self-care routine.
- Brainstorm self-care ideas as a group and personalize your Self-Care Strategic Plan.

Mood Hacks and Motivational Enhancement

- Understand the body’s stress response and research behind behavior change.
- Practice quick tips for bio-mood hacking that can be used anywhere.
- Learn behavioral skills to change your mood quickly and boost motivation over time.

Burnout Prevention Hack-A-Thon:

- Understand and Interrupt the Body’s Stress Response
- Recognize stress vs. burnout vs. anxiety vs. depression... What’s difference?
- Personalize Research-Backed Self-Care Skills for Stress: DBT’s 4 Solution Analysis