

Workshops For Real Life

Workshops For Real Life offers strategic burnout prevention services, including workplace wellness workshops and self-care trainings. These workshops are NOT group therapy... and instead offer strategic self-care training to help teams interrupt stress on *and off* the job. Anna Lindberg Cedar MPA LCSW LICSW is a licensed psychotherapist who founded **Therapy For Real Life** to make burnout prevention concepts accessible to as many people as possible. She also hosts the **Therapy For Real Life Podcast** as part of this mission to make burnout prevention concepts accessible outside of therapy spaces. The upcoming Burnout Prevention Hack-A-Thon will invite you to personalize ways to make strategic self-care concepts more sustainable in your own life as well as in your broader community. You are welcome to access the **full library of Therapy For Real Life Self-Care Resources** to help you continue your practice after the event.

Thank you being part of a broader culture of self-care!

Burnout Prevention Hack-A-Thon Readiness Checklist

- Bring **a pen and paper** to jot down ideas you like.
- Test your **Internet connection** *before* the day of the training.
- Set up your workspace with as **little distraction** as possible.
- Give yourself **5 - 10 minutes of transition time** before and after the training to avoid feeling rushed and to help you solidify learning.
- **Bring yourself "as-is"** to the workshop with an **open attitude**.
- Gentle Reminder: You will not be asked to share anything "too personal." Everyone is **welcome to participate** in their very own way.
- Gentle Reminder: This training uses a **self-care framework**. It is designed to be practical and **fun!**

Workshops For Real Life online events are currently offered on the Zoom platform. By participating in this event, you accept the inherent risks of using an outside video conferencing platform. Crisis resources include: crisistextline.org 988 or 911 if you are in need of urgent assistance in the US. Contact local crisis services in your area if you are in need of immediate support.

Pre-Work (for your contemplation):

- Question: What is my greatest stress management superpower?
- Question: What is my greatest stress management challenge?