On a scale of cats, how do you feel today?

1. Name
2. Which best represents you?
• Confidentiality
• Be present and minimize distractions
• Judgment free
• Listen generously
• Respect yourself and others
• Take what you need and participate as you would like
• Practice giving/receiving feedback

• Get to know everyone you work with and build trust

• Check-in with each other, often
WHAT IS BURNOUT?

Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.
What are some signs of burnout and how does that look individually, on an organizational level and for the people you serve?
Talking about burnout...

- When do you offer time to de-stress?
- What does the environment in the office, or cultural environment look like?
- Could your environment be improved?
- How do you make time to check in with coworkers?
FINISH THE STRESS CYCLE

7 ways we can help our bodies

1. Physical activity
2. Deep breathing
3. Positive Social Interaction
4. Laughing
5. Crying
6. Physical affection
7. Creativity
Activities for the workplace

- Rose, Thorn, Bud activity (icebreakers)
- 10-minute gratitude break (positive social interaction)
  - Kudos
- Deep breathing or stretching exercises
Please share one thing that resonated with you today?
24-Hour Support

Our Walk-In Center (WIC) is open 24 hours a day, 7 days a week. Our licensed clinicians offer confidential, in-person support, information and referrals to anyone in need.
6509 S Santa Fe Drive, Littleton CO 80120

AllHealth Crisis Hotline:
(303) 730-3303
Information and Appointments:
(303) 730-8858
M-TH: 7a.m.-7p.m. F: 7a.m.-3p.m.
Sat 9a.m.-1p.m. Closed Sun

We see children, adolescents, young adults, families and adults.
ACCESSING FREE SUPPORT FROM COMMUNITY ENGAGEMENT TEAM

Call: 720-707-6789
Website: www.allhealthnetwork.org/community-engagement
Email: CET@allhealthnetwork.org
Questions?