

## Recharge & Restore: Burnout Prevention

Week 1

Total Time for Lesson: 45 minutes

### Lesson Description

This session introduces the concept of burnout among healthcare professionals, including its definition, causes, symptoms, and its impact on the workplace. Participants will engage in a group discussion, learn the clinical definition of burnout, and complete a short self-assessment to reflect on their own experiences. This lesson lays the foundation for understanding burnout and the importance of preventive strategies.

### Lesson Objectives

1. Define burnout and identify at least three causes in a healthcare setting.
2. List at least four physical, emotional, or mental symptoms of burnout.
3. Complete a self-assessment and reflect on personal burnout indicators.

Time Allotted	Activity	Notes	Materials Needed
5 min	Welcome & Introductions	The facilitator welcomes the group, provides an overview of the program, and introduces the topic of burnout.	None
10 min	What is Burnout?	The facilitator provides a brief presentation with a definition from the WHO and a discussion on common causes of burnout in healthcare. Participants contribute examples of stressors from their roles.	PowerPoint slides, projector, and handout with burnout definition
10 min	Signs & Symptoms Discussion	The facilitator leads a group discussion on how burnout shows up physically, mentally, and emotionally, and lists the results on the board.	Dry erase markers, whiteboard
10 min	Self-Assessment Activity	Participants complete a short burnout inventory (adapted from the Maslach Burnout Inventory). Reflection time provided.	Printed self-assessment forms, pens

5 min	Small Group Sharing	In pairs or small groups, participants reflect on assessment results and discuss any symptoms they personally relate to.	None
5 min	Wrap-Up & Resources	Facilitator highlights local wellness resources and encourages participants to use tools for ongoing stress tracking.	Resource handouts, evaluation form