



Burnout and Rest Programme

This programme covers:

- ✓ Understanding burnout, and the importance of rest
- ✓ Understanding the stages of burnout and how to take action
- ✓ Understanding what we mean by rest and how to implement it in your daily life
- ✓ Practice relaxation skills during the session
- ✓ How to access relevant sources of support

This programme can be delivered face to face or online.

**action
mental
health**

Burnout and Rest

Throughout the Coronavirus pandemic AMH Works have continued to deliver tailored emotional wellbeing programmes for employees. During this time the employers we work with have noted growing concern regarding the potential for their employees to be impacted by burnout, as the 'new normal' becomes a reality. This is confirmed in a recent survey of employees conducted by Mental Health UK, who reported that burnout had increased by 24% in 2020.

The World Health Organisation describes burnout as a psychological syndrome occurring from prolonged chronic workplace stress that has not been successfully managed.

Everyone can experience stress or feel overwhelmed at times, burnout mainly strikes people who are highly committed to their work: you can only "burn out" if you have been "alight" in the first place.

An antidote for burnout is rest. It is possible to prevent burnout and the associated health implications by ensuring your staff, and you, prioritise well-being and recognise the importance of rest through the techniques and activities promoted during this programme.

Contact Rachael Power
rpower@amh.org.uk
for information on
pricing and availability.

"I thought this was a great session - I enjoyed the mindful meditation and box breathing exercises, plus the interactive elements, and there were good tips on how to cope."

**Programme participant,
Queen's University Belfast**

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