

AVOIDING BURNOUT: BREAKING FREE FROM A CULTURE OF BUSYNESS.

A WORKSHOP WITH SELF SPACE



SELF SPACE

EVERYDAY MENTAL MAINTENANCE

Title:

Avoiding Burnout

Duration:

90 minutes

Self Space:

In a world which can sometimes be challenging, frightening, overwhelming, complex and seriously hard to navigate, it's not surprising that sometimes we don't feel ok. Everyday mental maintenance is an essential part of surviving. Self Space are revolutionising the way we think about, feel about and access mental health support. They offer a good conversation with a qualified person; a space to reflect, process and off-load.

Workshop:

In the past year, 74% of people have felt so stressed they have been overwhelmed or unable to cope and over 51% of those people reported suffering from work-related stress (MHF). You know that state of constant stress, where it feels like no matter what you do, you can't break out of the slump? Yeah, that may be burnout. Burnout has become a sinister epidemic in our culture, affecting our work, our relationships and gradually undermining our mental and physical health. But it doesn't have to be this way. This experiential workshop is facilitated by two qualified therapists and looks at ways in which we can catch burnout before it happens. We explore symptomatology of burnout, how to spot signs within ourselves and how to maintain good mental health when faced with stress. In doing so, the workshop invites participants to to slow down; placing emphasis on mindfulness and self-reflection.

Download the Self Space app

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