

# *Stress and Burnout*

Don't Ignore the Warning Signs



**You don't wake up one morning burnt out. Avoid procrastination, overwhelm and mental health issues for yourself and your team members by understanding the warning signs that your body and brain are sending.**

During this session you will learn:

1. To map out your own response to work stress and identify the physical, behavioural and performance warning signs before breaking down.
2. How to harness your freeze, flight and fight responses to get more done in less time.
3. How to choose the most relevant and impactful de-stress strategy that you can immediately implement.

