

Avoiding Burnout

1. Avoiding Burnout

1.1 Workplace Burnout ***This will be a video...starts with introduction of a scenario..."have you ever felt?....to help engage and invite learner. And then it will discuss what burnout is and what the symptoms are to look for.*



1.2 Tips to avoid burnout ***This text on clipboard comes in one at a time will be heard through audio.*

Avoiding Burnout

- **Prioritize** your well-being.
- Establish a **balanced routine** with regular breaks, invigorating exercise, and nutritious meals.
- Set **achievable goals** and confidently decline additional tasks when necessary.
- Dedicate time to activities that bring **joy** and **relaxation**, such as hobbies or spending time with loved ones.
- Practice **mindfulness** and employ **stress-reduction techniques** like meditation or deep breathing.
- Seek support from **colleagues** or **professionals** if challenges arise.

You are fully capable of managing this!

1.3 Formative Assessment

Knowledge Checkpoint

1.4 What is an effective way to set boundaries and prioritize tasks to prevent burnout?

(Multiple Choice, 10 points, 1 attempt permitted)

What is an effective way to set boundaries and prioritize tasks to prevent burnout?

- ☐ Delegate all your tasks to others to avoid stress
- ☒ Set realistic goals and say no to tasks that exceed your capacity.
- ☐ Set overly ambitious goals to push yourself beyond limits.
- ☐ Accept all tasks to demonstrate your commitment to work.

Correct	Choice
	Delegate all your tasks to others to avoid stress
X	Set realistic goals and say no to tasks that exceed your capacity.
	Set overly ambitious goals to push yourself beyond limits.
	Accept all tasks to demonstrate your commitment to work.

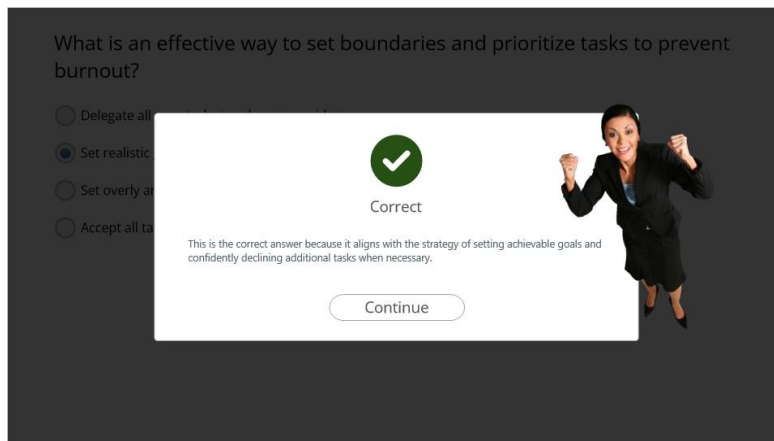
Feedback when correct:

This is the correct answer because it aligns with the strategy of setting achievable goals and confidently declining additional tasks when necessary.

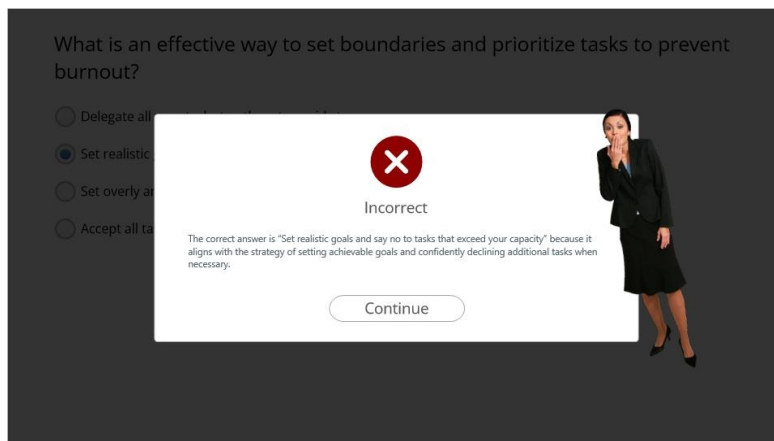
Feedback when incorrect:

The correct answer is “Set realistic goals and say no to tasks that exceed your capacity” because it aligns with the strategy of setting achievable goals and confidently declining additional tasks when necessary.

Correct (Slide Layer)



Incorrect (Slide Layer)



1.5 Matching Game –use of interactivity to help the learner match pictures of ways to reduce burnout. This used states and variables.

