



## INTRODUCTION TO THE WORKSHOP

Workshops devoted to professional burnout are designed to make employees of different professional groups aware of the source of the problem. It is where the basis of our work is human, we are exposed to the greatest deficits in our energy resources. Professions such as doctor, lawyer, nurse, teacher, social worker, priest, etc. These are professions that require a lot of emotional involvement. In spite of many efforts, high psychological involvement we do not always meet with understanding, approval, recognition. On the contrary, these professional groups are often subject to peer pressure, job dissatisfaction, private client issues that we have no influence on.

Stress at work, in personal life is the factor that causes the greatest havoc in the human body. Short-term, transitional one is a motivational task, even helping people. Unfortunately, the long-lasting, permanent, unstoppable, unhurried, causes irreversible changes leading to many somatic diseases.

The workshops prepared are divided into two parts, the first one is the diagnosis of burnout, the diagnosis of symptoms, the self-awareness of the man at risk of burnout.

The second part of the workshop deals with prevention and methods of fighting burnout and thus negative effects on our health. In the second part we will learn methods, techniques of working with ourselves in the interest of our mental and physical health. Stress and the ability to master this phenomenon on a daily basis, not only allows for better mood, but also to maintain good physical and mental health for long years. Our innate qualities, experience, attitude, personality and our strategies dealing with difficult situations have an impact on the perception of stressful situations. Even objectively dangerous situations cause stress only when we recognize danger and we think we cannot deal with it. People also differ in how they assess their own stress responses. Some people have mastered the art of cold treatment of all stressful situations, while others have become entangled in a network of emotional, complex thoughts that do not let themselves be free from negative attitudes. The situation in which we are living determines the psychological resistance of the individual.

The strength of stress has been shown in the following points:

- Death of life partner 100,
- Divorce 73,
- Death of a family member 63,
- Own illness or injury 53,
- Marriage 50,
- Loss of work 47,
- Retire 45,
- Family illness 44,



- Pregnancy 40,
- The appearance of a new family member 39,
- Significant change in the state of finance 38,
- Change of profession 36,
- Quarrel with spouse 35,
- Applying for a high loan 31,
- Change of duties at work 29,
- Trouble with boss 23,
- change of residence 20,
- Changing eating habits 15,
- Holidays 13,
- Christmas/ Easter etc 12,
- Minor examples of law breaking 11

As we can see many of these hazards are related to work, work duties and job loss. Daily duties and thus professional work is not only a source of our wealthy level but also gives us a sense of life. That is why it is so important what attitude to work we start our struggles with reality every day.

Ways of coping with stress and burnout, specific techniques will be presented in the second part of the workshop. So what determines our susceptibility to stress and how we can reduce our attitude towards stressors at work every day:

- The sense of humor, the people who are able to keep distance in their work can see the comical side of their ambitious efforts and deep commitment. This form of coping in difficult situations will allow us to reduce the risk of harmful stressors to our health.
- Developing horizons, only people with passions, interests do not fall into the waste of focusing on professional work; they always find a job and happiness in doing what they do voluntarily without the need for professional coercion.
- Understanding the others let us notice in our professional work that not only we are touched by problems. Empathy allows us to feel better, we notice the problems of other people are also serious and sometimes the greatest caliber, and such thinking leaves us to save ourselves from burnout and collapse.
- Posting tasks. We often overload ourselves, thinking that we will do our best. We have a grudge against the whole world for having a lot of job responsibilities assigned to us. However, we do not want other people's help. But we need help
- once we learn to use it without feeling guilty, we give ourselves a chance to rest and relieve from our daily duties.
- Practicing patience with oneself and others. Let's learn to give trust credit to people without instant judgment and discredit.
- Slowing down the pace of life. Reduce time pressure, slower talking and walking, conscious relaxation.

All these factors that we develop in ourselves will allow us to keep a distance and balance from what is important and fleeting. Burnout syndrome develops as a result of poorly balanced interactions between what the surrounding world



requires of a person and their ability to bear all the responsibilities. Burnout is a process that develops slowly and sneaks quietly. The first signals are unnoticed or misinterpreted.

Attitudes typical for people at risk of burnout:

- engaging in something with the whole heart
- high expectations for one's self,
- negating your own load limits,
- putting aside your personal needs and interests,
- voluntary and willing taking on new duties and responsibilities.

Initially, we take this commitment as something very positive, because it is important to be needed. In the first stage we are also extremely creative, effective and efficient. Very often, others just recognize and quickly entrust us with new tasks. It is easy for such an employee to get involved in a series of extra work, tempting praise. If praise and recognition ends, or physical or mental effort over a longer time exceeds individual load limits, there is a risk of professional burnout. It is because the balance of work and the satisfaction of life aren't stable. Even intense engagement increases failure and critical attention, and as a result, respect for personal engagement disappears.

According to Diner (1984), Meyers and Diener (1995) and Stollreiter and others, we are happy for the following reasons:

- harmonious family life, good relationship with a partner,
- suitably shaped self-esteem,
- social contacts. Having good friends we can rely on,
- time we can devote to our own interests,
- relaxing sleep and taking into account other physical needs.

At a long distance, we are not happy with things like physical attractiveness, education, intelligence and money. To be happy is not given in property in a life package, it is a skill that you have to learn and cherish every day. We must therefore discover the will for life and, following the advice given in this workshop, you will change your attitude, behaviour, and reaction to stress. In return you will enjoy a calm, orderly life.