Diversity and Inclusion Dialogue Series

Mental Health: Stress and Burnout

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Feeling overwhelmed, emotionally drained, and unable to keep up with multiple demands? Prolonged stress can contribute to symptoms of burnout. In this interactive workshop, uncover innovative ways to lower unhealthy stress and fuel your life with the positive energy.

In this workshop, you will:
- Understand the stages of burnout and recognize if you are experiencing it
- Learn how to practice values-based self-care
- Determine the "non-negotiables" to your wellbeing
- Develop the willingness to focus on the highest priorities
- Evaluate if your "Yes" aligns with your values and personal capacity
- How to practice your "No" and let go of the guilt

Register to attend: [https://mentalhealth_stress-burnout.eventbrite.com](https://mentalhealth_stress-burnout.eventbrite.com)