



# MASTERING STRESS, AVOIDING BURNOUT

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

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## ABOUT THIS TALK:

**Stress is an ever-present companion in today's fast-paced world. Persistent stress, driven by relentless deadlines, multiple responsibilities, and complex interpersonal dynamics, can culminate in both physical and emotional strain, eventually leading to burnout.** While mindfulness, yoga and other popular trends offer valuable tools for managing stress, they alone may not be sufficient to address the deeper causes and manifestations of chronic stress. It is essential to recognize and employ a holistic approach to ensure overall wellbeing.

## JOIN US TO EXPLORE:

- Learn about signs and symptoms of stress and burnout.
- Receive practical tips for how to reduce stress through daily practices, as well as mindset shifts.
- Develop an awareness of the lifestyle changes needed to avoid stress and burnout.

