

Burn Out

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What is Burnout? Burnout is the state of emotional and physical exhaustion caused by excessive and prolonged stress. We hear about the ugly side of life. Suicide, depression, abuse, sexual assault, financial problems, etc. we hear it all. We also have to face the business end of what we do. Low funding, demands from management and funding sources not to mention the stress we all have in daily life. All of these things can add up and before long, we can become burned out.

It is very easy to say that we are trained to keep a distance from the people we come in to contact with professionally so as to not become personally involved but the reality is quite different. We are trained to be empathetic and yet keep a distance. Is that even possible? It can be hard to walk that fine line. It is inevitable that the things we see and hear as crisis workers coupled with the other stressors in our life, are going to have an effect on us personally. How do we process it all?

In this session we will focus on how to relieve the stresses caused by working in Crisis Intervention. We will look at how to cope immediately after a crisis call, after a stressful day or just the overall stress of doing what we all do every day. We will encourage everyone to laugh and cry together. Audience participation is a must as we can all learn from each other.