



e-learning

Preventing burnout

Burn-out victims suffer from a chronic state of exhaustion. But what are the actual symptoms of burnout and how can we specifically prevent it? And why does society often make it so difficult for us to talk openly about the subject? Find out in this e-learning.

Group of participants:

For all those who want to counteract chronic exhaustion and burnout with methods and approaches at an early stage.

Duration: **approx. 0,5 hours**

Language:  

Learning objectives

- ✓ You know how to recognize signs of increased stress and interpret body signals.
- ✓ You know how to protect your nerves in the long term.
- ✓ You will be able to recognize the causes of burnout and prevent it in a targeted manner.
- ✓ You can protect yourself from burn-out in the long term.

Contents

- What should I know about burnout and social factors?
- How can I prevent burnout?
- How can I promote healthy body awareness?
- How can I identify the causes and what should I know about them?
- What attitude and behaviours do I need?
- Are you ready?
- How can I actively prevent burnout?



Information on the web
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