



Coping with Stress and Burnout in Life and at Work

The lives of most of us are characterized by chronic stress, at work and beyond. This is one of the central problems of the current era and one of the greatest threats to our health and happiness.

How can we cope better with the constant pressure in our lives? Research tells us that our interpretation of stressful events affects the degree of stress we actually experience, and that there are a variety of methods that allow us to regain control of our lives and "manage the stress."

In the session, we will learn what tools positive psychology offers for coping with stress and burnout, and how to develop mental resilience even in complex times. Among the tools: positive channeling of stress, incorporating mindfulness and recovery periods throughout the day, and shifting from time management to energy management.

Implementing these tools will serve as a significant source of momentum for reducing personal stress and creating a positive work environment that supports employee wellbeing.

*All lectures can be delivered in Hebrew, English, or Arabic.

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Especially recommended ahead of the summer months for coping with stress and burnout in life and at work.