

CBHC Conference Handout

Janine M. D'Anniballe, Ph.D.

jdanniballe@gmail.com

Transforming Toxic Stress and Burnout: Moving from Overwhelm and Depletion to Empowerment and Vitality

The workshop will explore:

- Definitions of toxic stress and burnout, and participants' personal and professional experiences of these constructs
- Introduction of the Professional Quality of Life Scale (ProQual) and suggestions for application
- Individual and systemic factors that challenge resilience
- Experiential exercises for working with overwhelm, including: mindful movement, visualization, and boundary practices.
- Resources:
 - Mental health and well-being for healthcare workers:
<https://www.theschwartzcenter.org/mentalhealthresources/>
 - Conduct and seek trauma-informed supervision:
[https://pcar.org/sites/default/files/resource-pdfs/trauma informed supervision guide 508.pdf](https://pcar.org/sites/default/files/resource-pdfs/trauma%20informed%20supervision%20guide%20508.pdf)
 - Managing exposure to trauma in the media:
<https://www.apa.org/monitor/2022/11/strain-media-overload>