Thriving and Not Just Surviving

Practical Self Care and Burn Out Reduction   
Strategies for Healthcare Professionals

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | Date |  | |
| Presenter | Mira Rollins OTR | |
| Time |  | |
| **A close-up of a person  Description automatically generated** | |  | | |
| PRINT NAME*(I’ll be there)* | | | PRINT NAME*(I’ll be there)* |
| 1. | | | 26. |
| 2. | | | 27. |
| 3. | | | 28. |
| 4. | | | 29. |
| 5. | | | 30. |
| 6. | | | 31. |
| 7. | | | 32. |
| 8. | | | 33. |
| 9. | | | 34. |
| 10. | | | 35. |
| 11. | | | 36. |
| 12. | | | 37. |
| 13. | | | 38. |
| 14. | | | 39. |
| 15. | | | 40. |
| 16. | | | 41. |
| 17. | | | 42. |
| 18. | | | 43. |
| 19. | | | 44. |
| 20. | | | 45. |
| 21. | | | 46. |
| 22. | | | 47. |
| 23. | | | 48. |
| 24. | | | 49. |
| 25. | | | 50. |