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.  |