



**Toolkit 2**  
**Learning Unit 11**

# Review of your strong points in handling complex situations

## Pre-intervention

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# Unit 11 – Content

## Review of your strong points in handling complex situations



### 1. Understanding burnout

- Question: Do you think your team knows what factors contribute to burnout?
- Activity 1: Possible causes of job burnout



### 2. Stress and burnout

- Question: Do you understand the difference between stress and burnout?
- Activity 2: Comparison table



### 3. Protective factors

- Question: Do you have burnout protective factors?
- Activity 3: Read the list and discuss



### 4. Mental strength

- Question: Can you help people to recognise their mental strengths?
- Activity 4: Attributes of mental strength



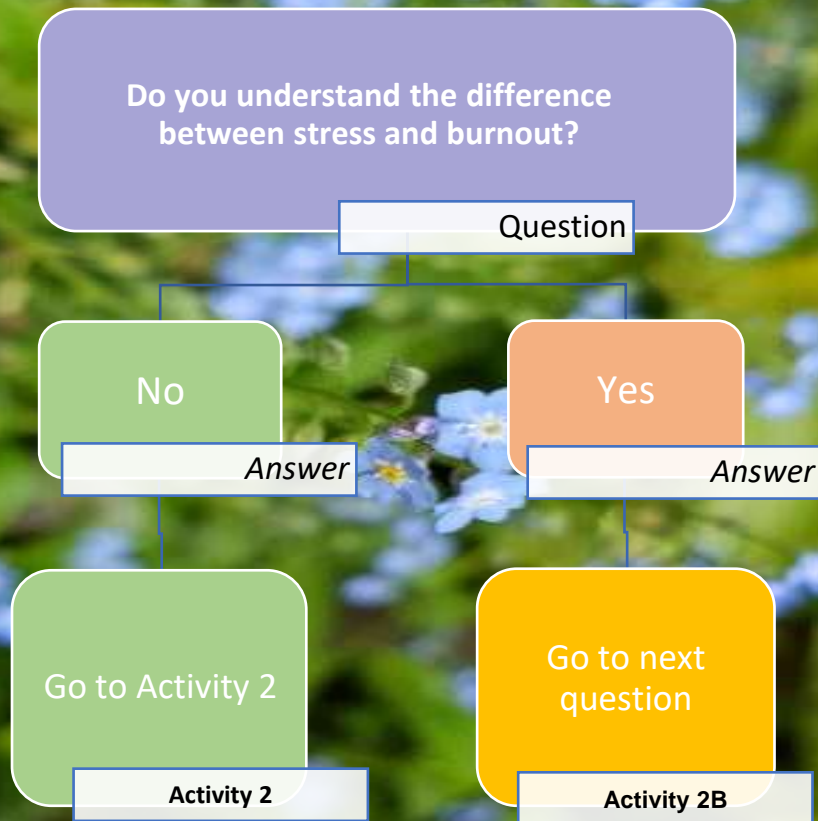
### 5. Strong points

- Question: Can you help people to recognise their strong points?
- Activity 5: List of traits

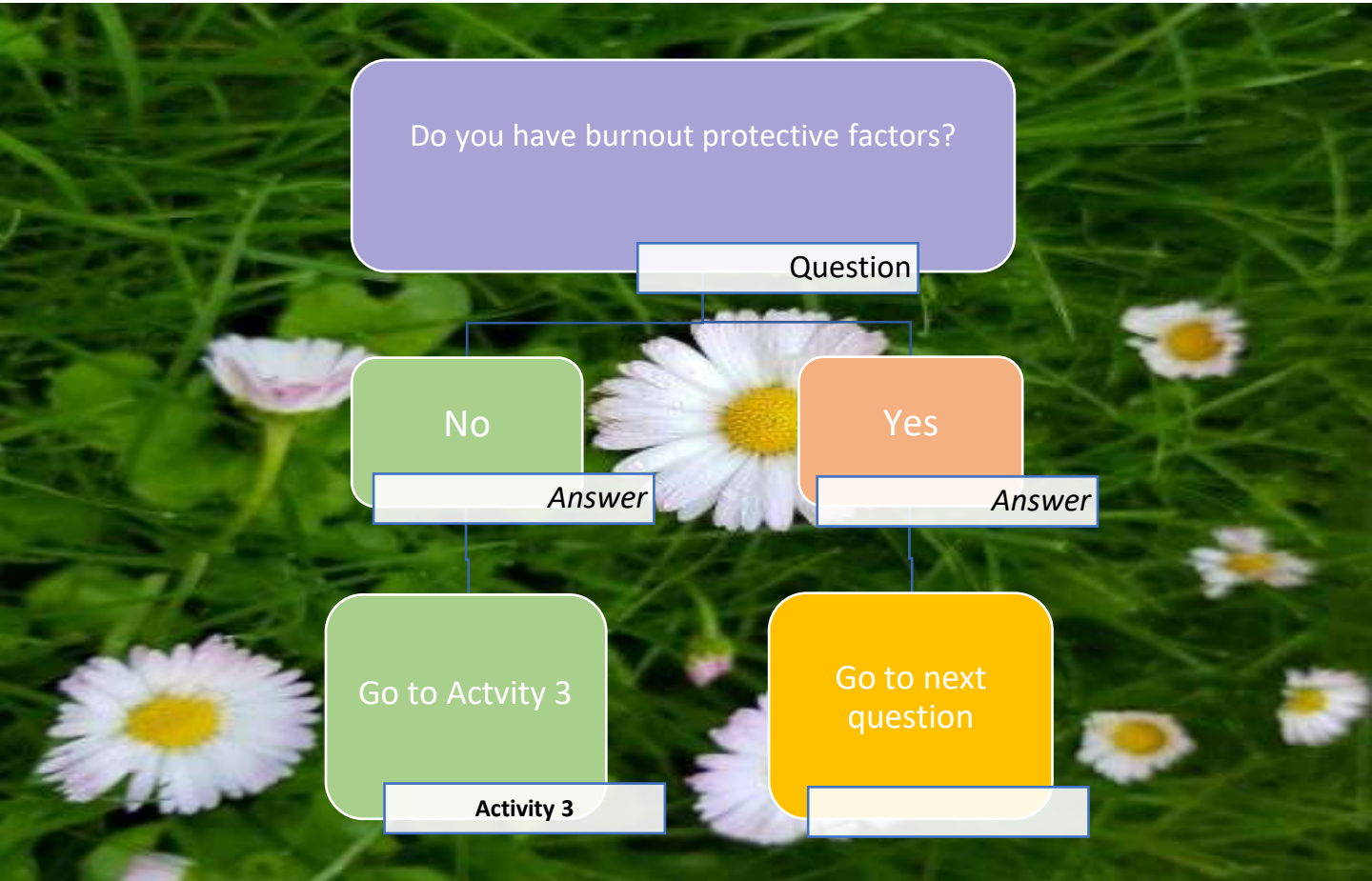
# 1. Understanding burnout



## 2. Stress and burnout



# 3. Protective factors



# 4. Mental strenght



## 5. Strong points

Can you help people to recognise their strong points?

Question

No

Answer

Go to Activity 5

Activity 5

Yes

Answer



Thank you  
*You have finished*

Keep going to another Unit  
*if you need*