

August On-Demand Webinar

Staying Refreshed and Preventing Burnout



Burnout can leave us feeling emotionally drained, disconnected, and stuck in patterns that make it difficult to feel restored. Although it is often associated with work, burnout can arise whenever the demands of life consistently outweigh our opportunities to recharge and focus on what matters most.

In this webinar, we'll explore how reconnecting with your personal values can help you overcome burnout while making choices that feel more meaningful and sustainable. You'll also learn practical strategies for stepping out of unhelpful thought patterns, letting go of emotional burdens, and creating more space for the things that help keep you refreshed.

All MMHG participants will be entered to win a \$50 Amazon gift card! How it works:

1. Between August 1-31th, watch the webinar using the link below. When registering, the email address you provide will be used to track your attendance. You'll receive one raffle entry for viewing the recording.
2. Gift card winner will be notified by email on September 9th. All employees, retirees, and dependents from Mayflower Municipal Health Group member units are eligible to win.



**Click here or scan the QR code to watch
using member access code: MMHG**

Webinar URL: <https://tinyurl.com/PreventingBurnout2026>