

COVID BURNOUT

REFLECTION WORKSHOP

- 1** The **impact of COVID-19** on the **Mental Health** of the population
- 2** Assess your **OWN** current **Mental Health** state:
Conducting a mini mental health examination
- 3** Dealing with **loss...** Elizabeth Kubler Ross: **Interconnected Phases**
 - Denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance
 - Meaning generation
- 4** Finding **Meaning**: Victor Frankl Principles of Logo therapy
- 5** The theory of **Happiness**
- 6** Designing and implementing **daily practises** to sustain a more **healthy positive energy**:
 - Principles of FLOW
 - Meditation
 - Practises of letting go