

**2024 Pain Care Skills Training**  
**Title: Self-Care for the Health Care Team**  
**Presented by: Dr. Genelle Weits García**  
**Offered: 15 AUG PM 1300-1600 EST**  
**Location: ZoomGov**

**Course Description:**

Participants will learn strategies to take action to preserve and promote one's own health and well-being as a care provider. This course will equip participants with the tools needed to help identify and protect against patterns of burnout in high-demand roles. Attendees will be asked to practice many of the tools discussed so that you have experience in how to use them again on your own—even if you are in the middle of a hectic workday.

**Objectives:**

1. Participants will learn about the fallacy of work-life balance and impact of burnout
2. Participants will identify personal stress warning signs that could lead to burnout
3. Participants will learn how to implement self-care in a fast-paced setting with various practices, including mindfulness skills.
4. Participants will be equipped with tools to bring to daily life (especially at work).

**15 AUG 2024 PM 1300-1600 EST**

**1300-1330** Introduction of Self-Care for Burnout Prevention

**1330-1400** Stress Signals: Knowing Your Warning Signs.

**1400-1430** Self-Care Practice: If We Don't Do Them Now, When Will We Do Them?

(Mindfulness, Taking in the Good)

**1430-1445 BREAK**

**1445-1530** Practice Makes...Improvements: Self-Compassion and Positive Self-Talk

**1530-1600** Putting It All Together: Having a Self-Care Plan Going Forward