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DON'T BURN OUT, OPT OUT

Every week in the USA, 10,577 Registered Nurses quit their current job, "most notably, for stress and burnout." *

Come learn how to put out the emotional fires that lead to burnout BEFORE they get out of control and overwhelm your ability to cope.

Thursday April 23, 2009, 7:30 AM and again at 7:30 PM

Room 250 MOB at VBMC-Brownsville

Learn what the real causes of Burnout are and how to prevent them?

Stress is not something that happens to us. Stress is something that happens IN us!

Discover that you already know how to decrease your stress levels significantly.

Learn how the 3 Ps, "Priority, Perspective, and Personality" can be used to rapidly restore balance in your life.

Learn simple techniques to eliminate your negative thinking to avoid stress and burnout.

Get immunized against burnout!

*The Impact of Stress Management on Nurse Productivity and Retention: Tammi F. Milliken, PhD, NCC; Paul T. Clements, PhD, APRN, BC, DF-IAFN; Harry J. Tillman, PhD, MBA, MSN, RN Nurs Econ. 2007;25(4):203-210.

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