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LET'S TALK HEALTH

From Stress to Burnout

When does every day work stress become burnout?
And what can you do about it?

DR. QUENTIN DURAND-MOREAU

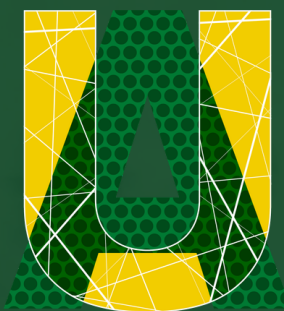
Associate Professor
Department of Medicine



FREE PUBLIC WEBINAR

Work can be rewarding, but constant demands, heavy workloads, and pressure to keep up can leave us feeling drained. In this practical and engaging session, an occupational health specialist will unpack the difference between everyday job stress and burnout, including the signs that your work may be taking too much of a toll.

You'll discover practical ways to protect your energy and well-being, from setting boundaries and managing your workload to making time for recovery, communicating your needs, and knowing when to take a step back. We'll also look at the bigger picture, including how workplace expectations and environments can contribute to stress and burnout.



WEDNESDAY, APRIL 14, 2027
6 - 7 p.m.

For more information, visit uab.ca/dom.

