

## Combating Stress and Overwhelm: Practical Tools for Physical Therapists

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Feeling overwhelmed? Anxious? Burnt out? Ever say to yourself, “If I just had \_\_\_\_\_ (a different job, an extra hour, an extra set of hands, more money) I would NOT feel this way?”

As a clinician, you entered health care to help people. But lately, you’re thinking, “I can’t even help myself.” First: Nothing has gone wrong, and you are not broken. You may be overwhelmed, anxious, or stressed. You may even be burnt out. But you are not broken. Second: The fix is easier than you think. This course will offer a short background discussion on the neurophysiology of stress and how stress can lead to burn out. Participants will then engage in three different evidenced-based activities that can be implemented to reduce stress and anxiety.

By the end of this workshop, participants will be able to:

1. Define overwhelm and identify (3) situations that may be contributing to their own feelings of overwhelm.
2. Understand, compare and contrast stress, overwhelm and burn out.
3. Apply knowledge of neuroanatomy and neuroscience (especially neurotransmitters) to the understanding of burnout.
4. Perform activities directed at reducing stress, overwhelm and burnout and apply these tools to a daily practice."

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Dr. Kelley is a professor of physical therapy at Quinnipiac University. She has taught in the areas of neurologic rehabilitation, balance, falls and vestibular dysfunction and currently teaches in anatomy and neuroanatomy. Dr. Kelley received her BS in physical therapy from the University of Connecticut, her MS in neurology from Boston University and her Doctorate in education from the University of Sarasota. She is also a board certified neurological clinical specialist, certified yoga and meditation teacher and, most recently, a certified Life Coach. Dr. Kelley's passion for neurology, brain health, wellness and the importance of self-care led her to create this course and many others.