# Putting on our own oxygen masks first: Caring for ourselves

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| How to Manage Stress and Prevent Burnout in Medicine, by learning to care for ourselves.  We will be covering  1) What is Stress and When It becomes burnout  2) The Causes oF Burnout  3) Why it is Not Selfish to Self Care  4) How to Manage Stress in Medicine  5) How to Prevent Burnout in Medicine.  Each section will have an easy evidence based micro-practice for you do do straight away.  You will leave with a MindFitness Self-Care plan to finding your calm amongst the changes of healthcare |