

Training Coordinators Conference
E-Course Packet

Building Resilience - Techniques for Combating Burnout

Faculty

Mr. Aaron Burdick, *Learning and Development Manager - Professional Development Unit - Illinois Judicial College*

Description

In an era marked by relentless demands and unique challenges in judicial education, resilience has emerged as a critical skillset for thriving professionally and maintaining well-being. Participants will embark on a transformative journey to understand the dynamics of burnout, recognize its warning signs, and develop practical techniques for building resilience.

Learning Objectives

As a result of this course, participants will be able to:

- Recognize the signs of burnout; and
- List techniques for enhancing resilience.

Course Materials

Electronic Materials

- Workshop Gems
- Stanford Medicine Self - Assessments
- Wellness Connect - AOIC Wellness Committee Quarterly Newsletter
- PowerPoint

DO NOT OPEN

UNTIL TOLD



Building Resilience Workshop Gems

Professor Gerry Hess, William Brunson, and Aaron Burdick

What is a “Workshop Gem”: Anything you learned from this workshop whether it came from faculty or your colleagues.

During this workshop, the three most important things I’ve learned are:

1. _____
2. _____
3. _____

After hearing my colleagues share their thoughts, I also would like to note the following things I’ve learned:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What is a “Burnout Buddy”: Someone you can provide your list of resilience techniques to **TODAY**, and pull you out of early stages of burnout.

1. _____
2. _____

Next Steps

- ❑ **Return to Organization:** Reflect on items discussed during the workshop
 - **Physical Exhaustion**
 - What does this look like for me?
 - What enhancing resilience technique can I use to combat this?
 - **Emotional Exhaustion**
 - What does this look like for me?
 - What enhancing resilience technique can I use to combat this?
 - **Cynicism and Detachment**
 - What does this look like for me?
 - What enhancing resilience technique can I use to combat this?
 - **Reduced Performance**
 - What does this look like for me?
 - What enhancing resilience technique can I use to combat this?
 - **Depersonalization**
 - What does this look like for me?
 - What enhancing resilience technique can I use to combat this?
 - **Sense of Ineffectiveness**
 - What does this look like for me?
 - What enhancing resilience technique can I use to combat this?
- ❑ **Attend continued professional development opportunities on situational awareness!**

WELLNESS CONNECT

In recognition of the 2023 Fall into Fitness: Virtual 5K/10K Challenge by Be Well Illinois, the AOIC Wellness Committee received approval from Director Meis to host an AOIC Staff Walk. The AOIC Staff Walk was organized for each AOIC office location: AOIC Springfield, OSPS, and AOIC Chicago. For those unable to attend, we encouraged staff to take a walk, snap a picture, and share it with the AOIC Wellness Committee. Thank you for your participation!



Mental Health First Aid (MHFA) Essentials - Coming Soon!

This year, the AOIC Wellness Committee, along with AOIC Leadership, had the privilege of participating in MHFA at Work Certification training. As Scott Block and Aaron Burdick shared with you in our last wellness hour, MHFA is an interactive, skills-based training program that taught us to identify, understand and respond to signs and symptoms of mental health and substance use challenges.

The AOIC Wellness Committee invites you to attend the upcoming MHFA Essentials seminar! This seminar will provide a high-level introduction to workplace well-being and reinforce the principles of MHFA to foster peer support and engagement. The session includes information on best practices in the workplace and guidance on how to support each other and ourselves during this crisis, with a focus on the impact of trauma, the importance of team engagement, self-care, and mindfulness.

Stay tuned for registration details!

Resource Page

The AOIC Mental Health and Well-Being SharePoint now has a QR code! Snap a picture of the QR code to access past wellness hours, resources, and more!

SCAN
HERE!



Feeling **SAD**? Seasonal depression, also known as seasonal affective disorder (SAD) is a subtype of depression that occurs and ends around the same time every year. Seasonal depression typically occurs when the seasons change, and most symptoms begin in the fall and continue into the winter months. However, seasonal depression can occur in the summer or spring, although this is less common.

Since seasonal depression has a predictable pattern of recurrence, preventative measures may help to reduce symptoms. Some forms of prevention that can help include beginning light therapy in the early fall before the onset of symptoms, exercising more, increasing the amount of light at home, meditation and other stress management techniques, spending more time outside, and visiting climates that have more sun.

Click the link and let this quarter's mindfulness minute help you find peace of mind during the seasonal transition!

(Mental Health America, 2023)



Reach us at AOIC_WellnessCommittee@IllinoisCourts.gov!



Committee Corner: Member Spotlight

Jim Shovlin



Greetings. I first joined the AOIC in 2017 as a Labor/Employment Attorney. Honestly, I don't know what I expect to do or learn from my participation in the Wellness Committee. I do know that my well-being and the well-being of my co-workers is important to me. Over the years, we have focused on and discussed the importance of physical health in the workplace. Many employers have offered incentives to be more fit and active, lose weight, quit smoking, etc. But only now are we starting to see that the "invisible" and often ignored aspects of mental health are finally being given the attention they deserve. I look forward to this journey with you as we re-imagine how to better take care of ourselves.

"Mental health is not a destination but a process. It's about how you drive, not where you're going."

It's my pleasure to serve the Judicial College Division as a Learning and Development Manager. I'm grateful for the opportunity to manage the pretrial education portfolio for the Supreme Court of Illinois Judicial College and assist in the professional development of justice partner faculty on best practices in adult learning.

I've been an active member of the Wellness Committee since 2022. I participated in Mental Health First Aid at Work certification, co-presented a wellness hour presentation, co-developed a committee quarterly newsletter, and participated in other committee projects. To see this group of volunteers promote employee self-care, well-being, and overall health is inspiring. The Wellness Committee gives us an opportunity to provide education on mental health best practices. When we support mental health initiatives, we build a community of professionals who are the best versions of themselves. When we have the support of AOIC leadership, we in turn are creating the best version of the AOIC.

One of my favorite mental health related quotes is, "Happiness can be found even in the darkest of times, if one only remembers to turn on the light"- Albus Dumbledore.

Aaron Burdick

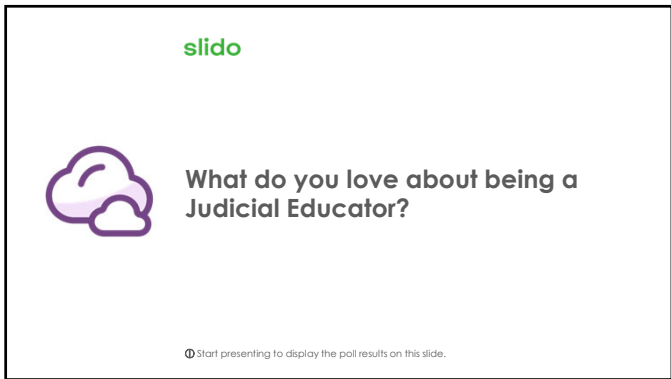


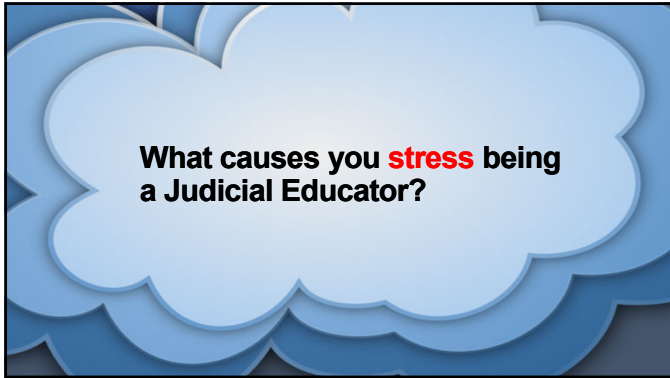
Reach us at AOIC_WellnessCommittee@IllinoisCourts.gov!

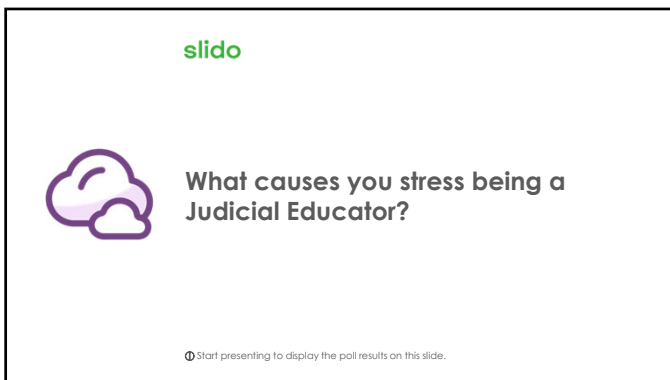


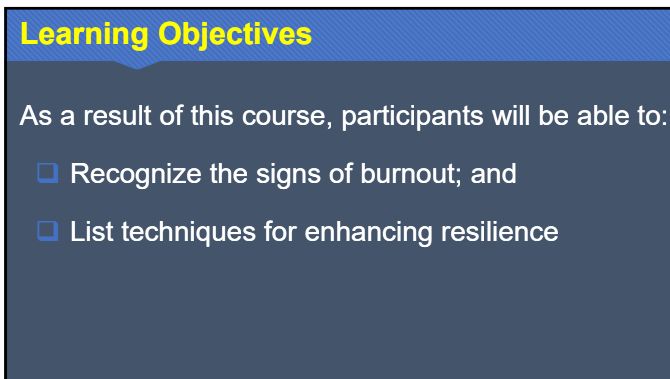














American Psychological Association

“Occupation-related syndrome resulting from chronic workplace stress that has not been successfully managed”

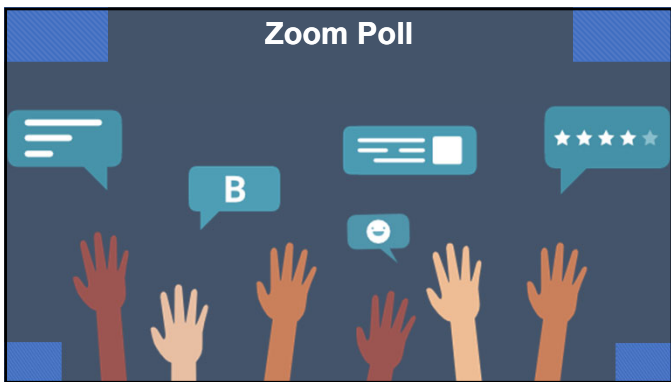


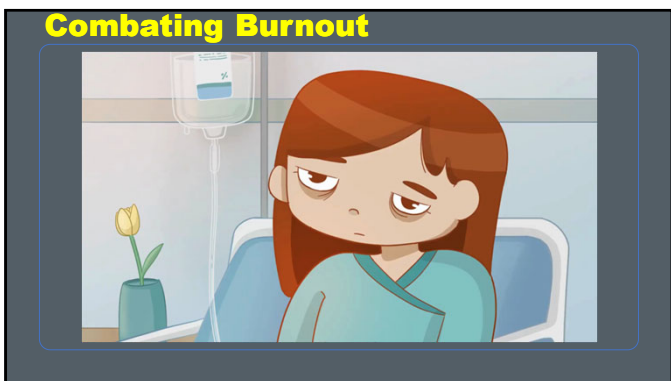


Signs of Burnout	Physical Exhaustion
	Emotional Exhaustion
	Cynicism and Detachment
	Reduced Performance
	Depersonalization
	Sense of Ineffectiveness

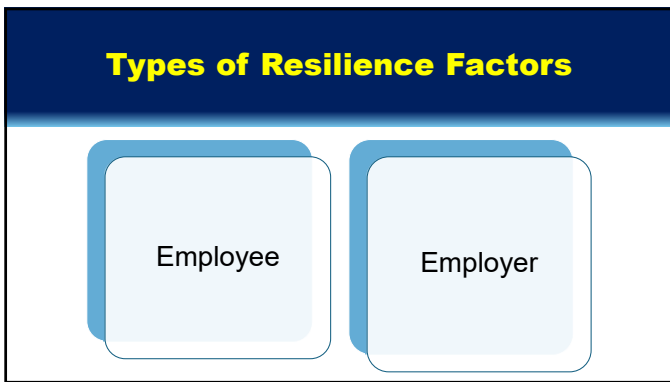














Practice Acceptance
 Reach out to Others
 Invest in Self-Care
 Look for Meaning and Purpose
 Stay Motivated

Employee Resilience Factors

Employer Resilience Factors

- Create Wellbeing Programs
- Continuing Education Courses
- Survey
- Mental Health First Aid at Work



 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING



