

What is Burnout and Ways to Deal With It

June 12, 2025

10:00-11:30am MDT

This learning session is geared towards informing participants on what burnout is, how to identify if you are feeling the impacts of burnout, and how to proactively and retroactively cope with burnout. Specifically, this presentation will be looking at how we as individuals can not only deal with symptoms of stress, but also cope with stressors. Finally, at the end of the presentation, participants will be invited to consider what strategies for burnout they want to take away and implement.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- Understanding what burnout is
- The difference between stress and stressors
- Strategies for how to deal with stress and stressors

Speakers:

Rashmani Chakrabarty, Registered Psychologist (AB,NWT), Midnight Sun Wellness, Founder/Director, Rashmani grew up in Yellowknife, NWT and was able to experience the richness of Indigenous culture in her youth. As a result, Rashmani now works with Indigenous clients through programs like NIHB and IRS offering culturally compassionate therapy. Rashmani hopes to continue to grow and learn about Indigenous cultures and Indigenous peoples through the stories of her clients and also through her participation in community events and training.



Target Audience: Any individual who is feeling burnout or trying to be proactive with preventing burnout will benefit from this presentation

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22238>

To access this session from zoom:
<https://fntn.zoom.us/j/85095231970>
Meeting ID: 850 9523 1970
Passcode: 768455

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 850 9523 1970
Passcode: 768455



First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FIRSTNATIONSTELEHEALTHNETWORK

To join via internet browser

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 850 9523 1970

3. Passcode: 768455

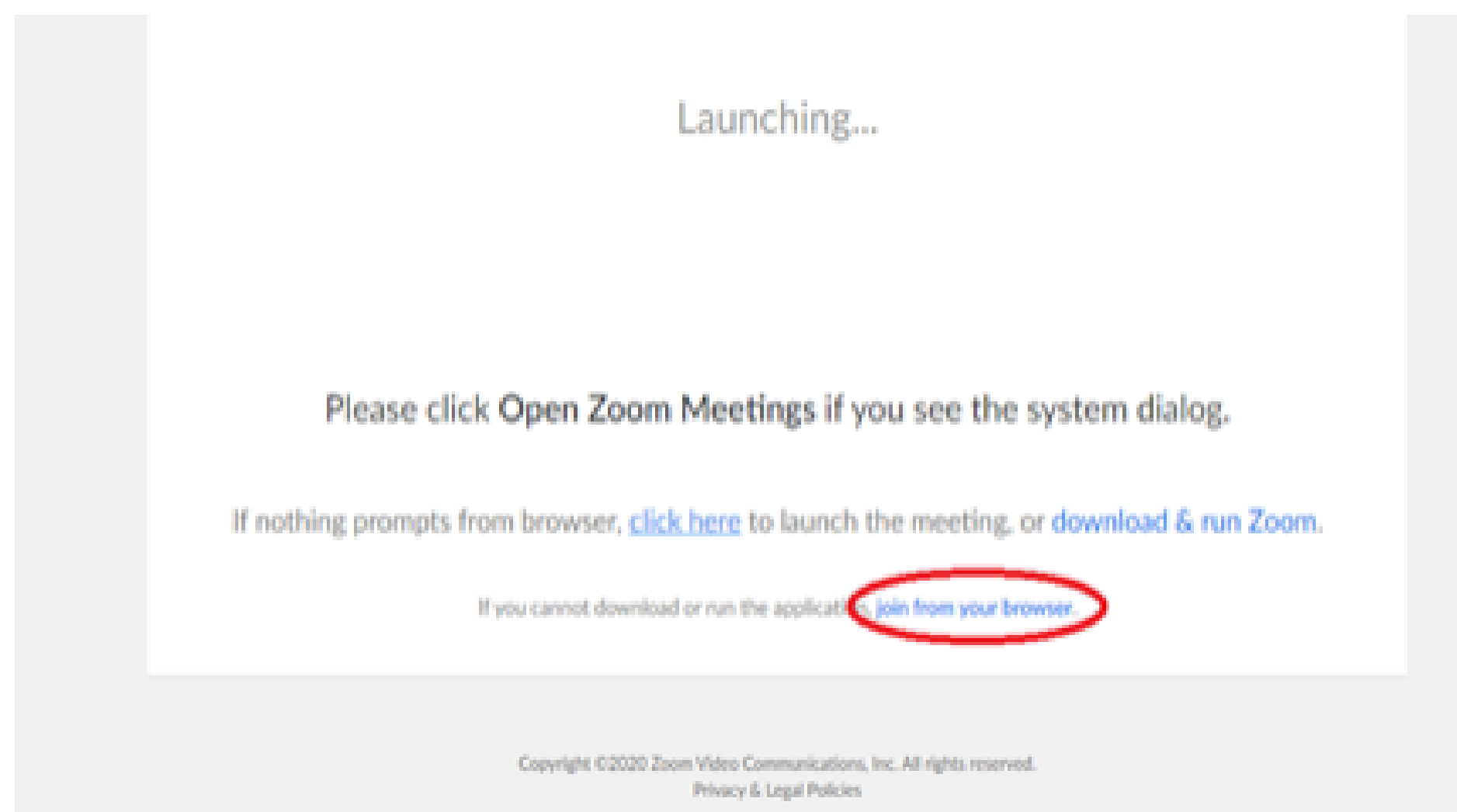
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 850 9523 1970

3. Passcode: 768455

4. Choose "download and run Zoom"

5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

7. You will now join the webinar, by default all attendees of the webinar are muted.