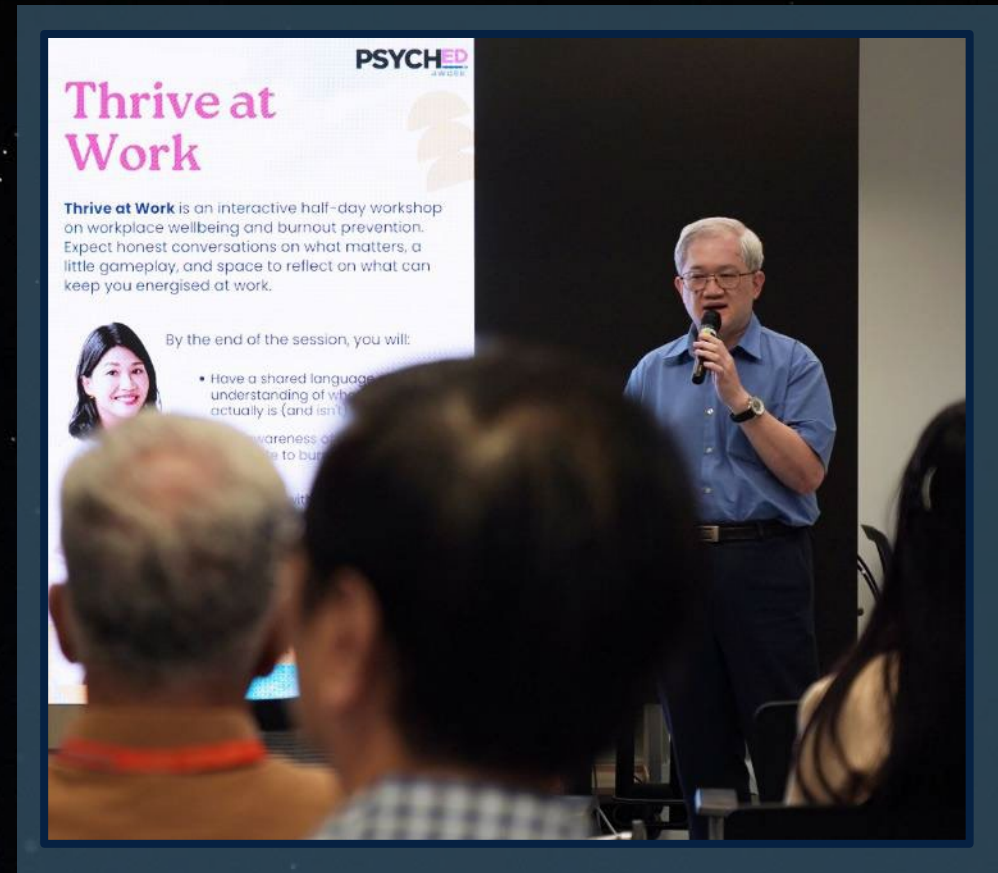




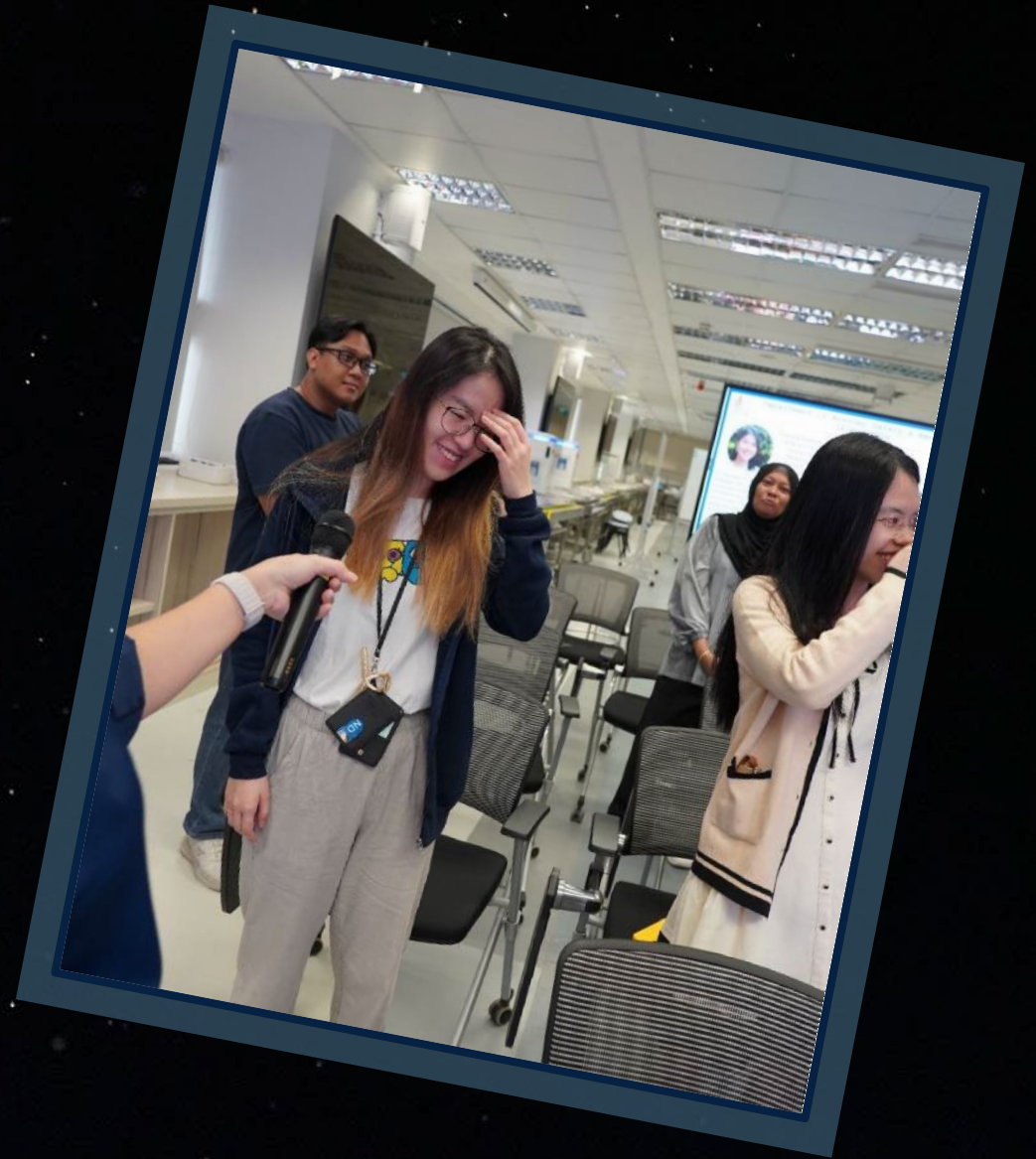


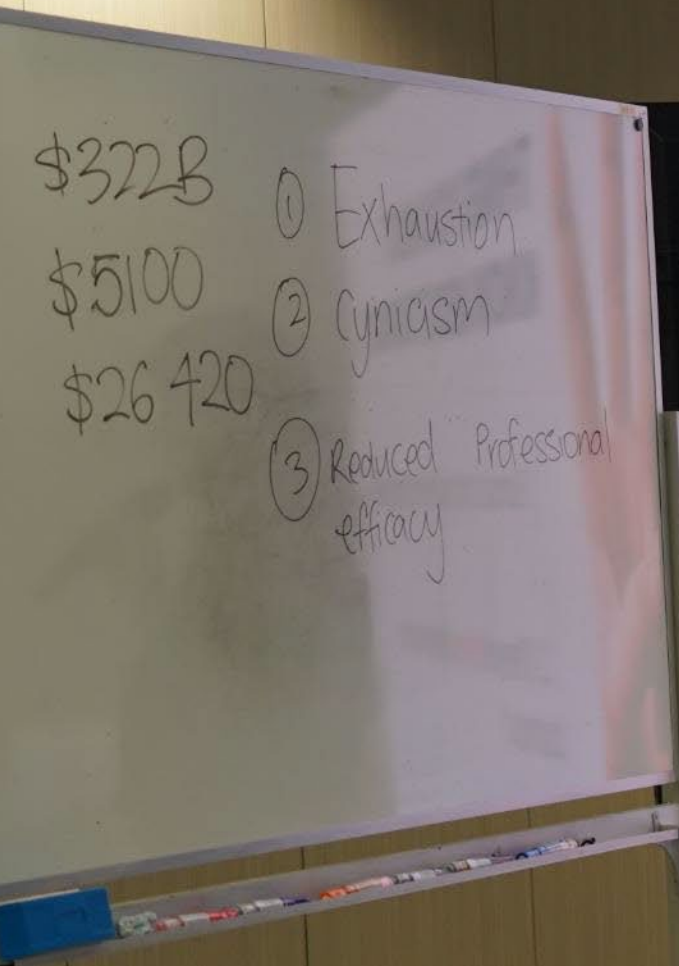
Safety & Health Day 2026





Safety & Health Day 2026



A woman with dark hair, wearing a blue shirt, is standing and speaking into a black microphone. She is positioned in front of a large, stylized graphic of a hand with fingers spread, colored in shades of pink and red. The background is a white screen displaying text.

THINGS YOU MUST KNOW ABOUT BURNOUT

1. Burnout is not just feeling stressed
2. There are *three* dimensions to burnout
3. Burnout exists on a spectrum





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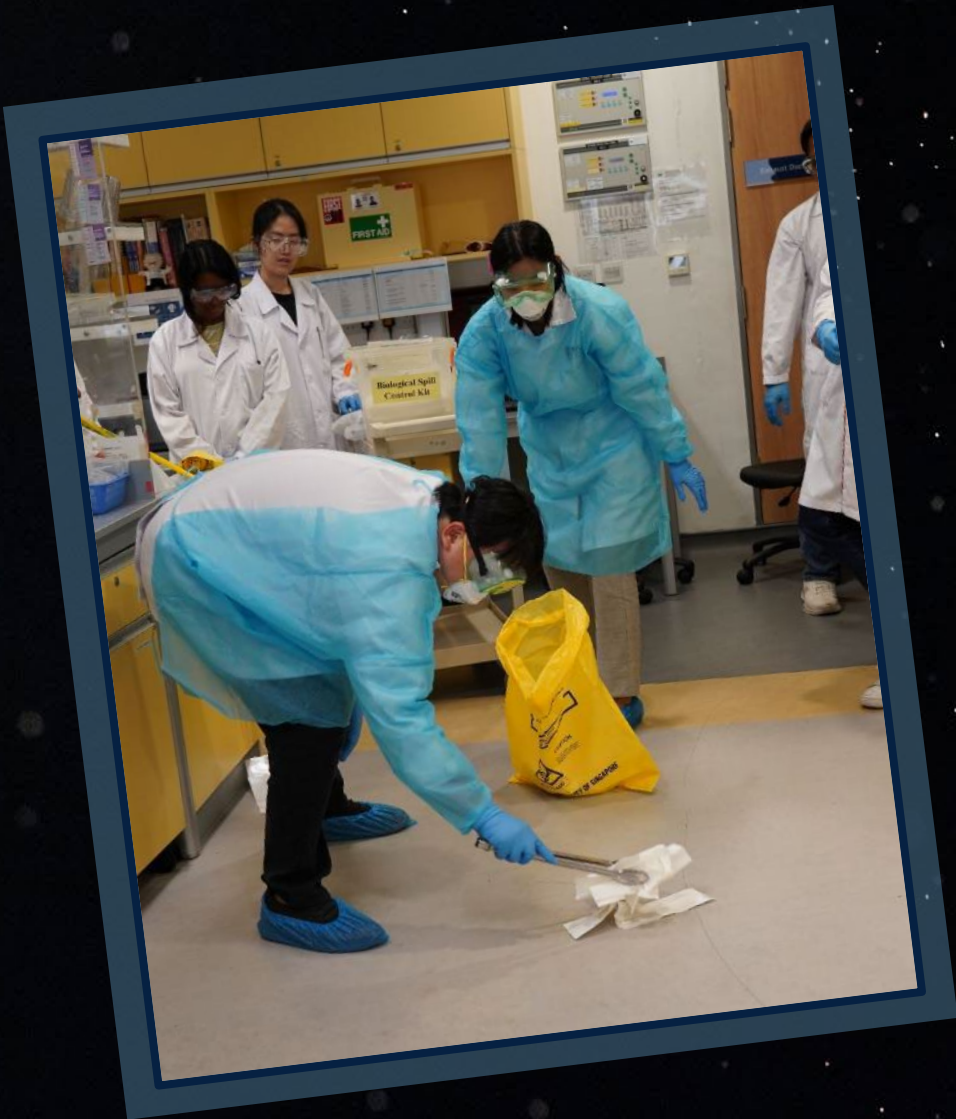


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