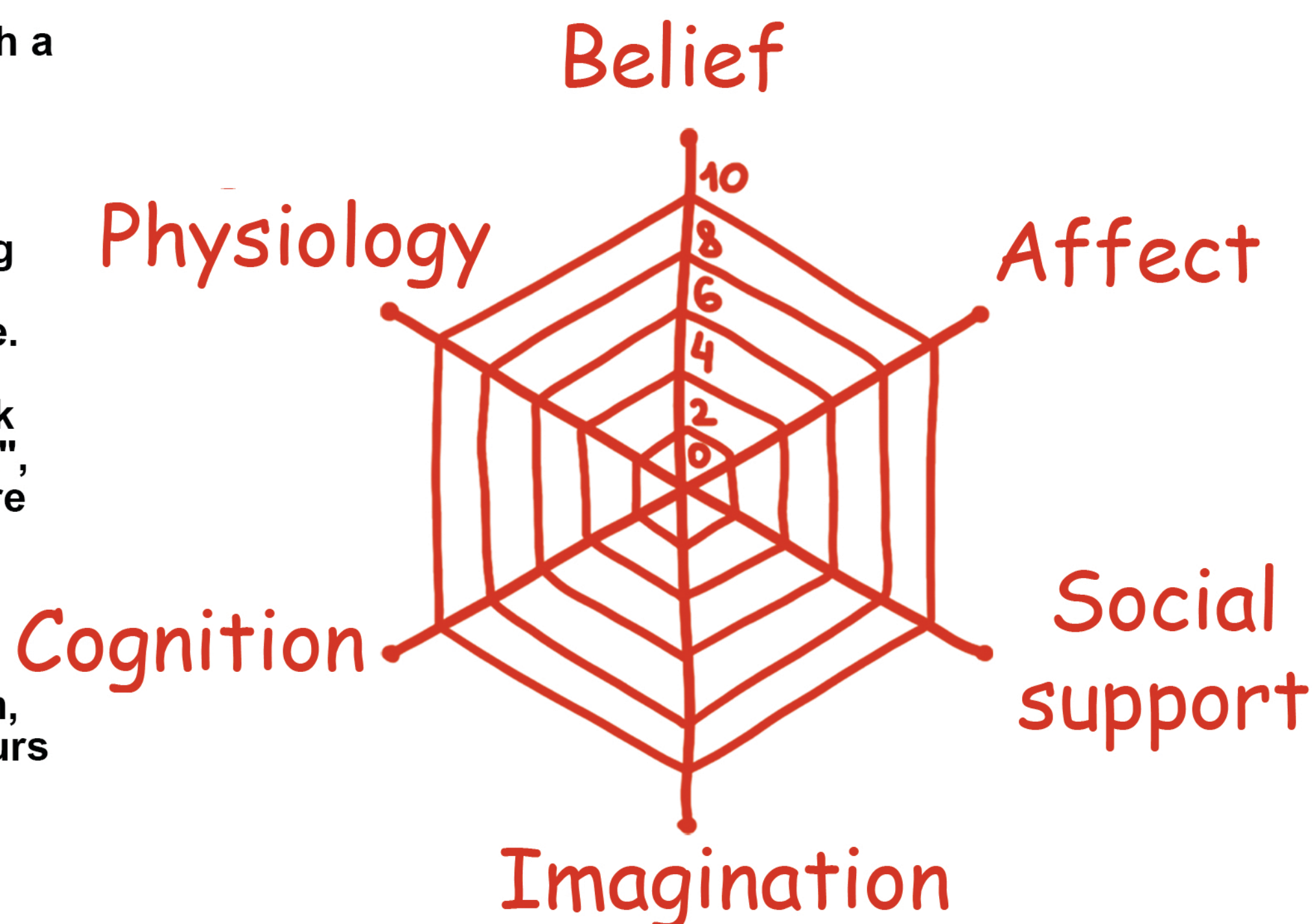


Resource channels that support you and your team

Burnout is a condition in which a person feels emotionally, motivationally and physically exhausted.

This is accompanied by a feeling of emptiness, helplessness and cynicism about work and people. This condition can occur in any profession, but people who work in the field of "person — person", that is, those whose activities are associated with constant communication, are most susceptible to it.

According to the WHO definition, burnout is a syndrome that occurs due to chronic stress in the workplace that cannot be managed.



Rate your organisation's performance on a scale of 1 to 10, where 10 is the highest score.

To what extent do you think your organisation creates the conditions for the team to use these resource channels?



Basic Ph model is based on the recognition of an individual's ability to cope with crises and maintain mental health in difficult situations. This model contains six resource channels, each of which corresponds to a letter in the name of the model.

Belief: belief system, moral values, and philosophy of life.

This resource channel is based on faith - in God, people, miracles, yourself, mission, signs, talismans or horoscopes. Faith implies the need for self-realization and self-expression. Beliefs can be religious, political or other.

Affect (influence, emotion): our feelings.

The emotional channel is emotions (crying, laughing, anger or fear), as well as talking about experiences. This channel is about identifying and realizing feelings. You can express emotions in words (for example, in stories or letters) or through creativity - dance, music. You can also write down your own feelings in a diary or draw them.

Social support: connections with family, friends and community.

This resource is about the need to communicate and be close to people. This usually refers to support from family, friends or like-minded people. It is also about psychological and volunteer assistance. It is important to feel social belonging - to be among people, to be aware of one's own significance and usefulness. It helps to get confirmation that you are important and can influence the environment.

Imagination: creativity, imagination play, intuition.

Thanks to imagination, you can dream, improvise, imagine the future and find solace in play and fantasy. It can be needlework, pottery and other hobbies. Imagination helps to distract yourself, treat the situation with humour and find creative solutions.

Cognition: knowledge, logic, reality, thoughts, planning.

This channel helps to think logically, assess the situation, learn, collect and analyse information. This channel involves analytical work, drawing up lists and plans.

Physiology: physical activity and body functions.

This channel is about the capabilities of our body: sensations through hearing, sight, touch, taste, as well as sensations of warmth, cold, pain, pleasure. It also involves a variety of physical activities (exercises, walks, hikes), bodily practices (relaxation techniques, breathing exercises) and eating food.

You can find psychological support in our community here: