

PREVENTING BURNOUT AND BUILDING RESILIENCE

Instructor: Teresa M. Stephens, PhD, MSN, RN, CNE

LOCATION: RECORDED WEBINAR/ON DEMAND

FEE: FREE

LEARNING OBJECTIVES

- Identify the signs and symptoms of burnout.
- Recall practical techniques for managing stress and building resilience.

CREDIT

CME: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Your CE Source and Mid-Carolina AHEC. Your CE Source is accredited by the ACCME to provide continuing medical education for physicians.

Your CE Source designates this enduring material for a maximum of 1 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: Mid-Carolina AHEC is approved as a provider of nursing continuing professional development by South Carolina Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This nursing continuing education activity approval # 2408-010PR-169 has been approved for 1 hour.

All Other Professionals: This enduring activity provides 1 hour of South Carolina Area Health Education Consortium credit.

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