

Avoiding Burnout: Building Resilience Through Relationships

JUNE 25, 2019 | 11a.m. ET



About This Webinar

Social support is a key element of resilience, and your social support depends largely on the quantity, quality and diversity of your relationships. In this webinar, you'll learn more about the role social support plays in your resilience, and discover strategies for intentionally building relationships that can contribute to your resilience.

For a long time, we thought of resilience only as bouncing back after a disaster or traumatic event. While that's still an important part of being resilient, our understanding of resilience has changed to include our response to more frequent stress, like the pressures of our work and family life. We have also expanded our view to include not just the ability to bounce back, but also the ability to "roll with the punches" by adapting to adversity.

No matter how personally resilient we are, we don't practice that resilience in a vacuum. We live in complex environments and need to adapt to complex changes. Building resilience through relationships can help improve our adaptability in complex environments.

Learning Objectives:

After attending this webinar participants will be able to:

- Explain the five dimensions of resilience
- Identify opportunities for improving their social support system
- Create a plan for establishing and developing relationships that could contribute to their resilience

EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/34431/>

HOW TO JOIN

To join the webinar use the 'Event Location' link above and follow all directions within this site. Participants are able to connect to the webinar through our webinar platform or through YouTube Live. The interactive webinar platform allows for engagement with presenters and other participants while YouTube Live is a broadcast only.

CONTINUING EDUCATION CREDIT

This webinar is offering 1.0 CEUs for Registered Dietitians, pending approval.

PRESENTER

Bob Bertsch, Web Technology Specialist
Agriculture Communication
North Dakota State University
Network Literacy - Military Families Learning Network

RSVP TODAY!

