



Understanding Burnout: Causes and Solutions

Wednesday, May 13, 2026 at 1:00 p.m. CT

This interactive and upbeat webinar explores the serious topic of burnout through a fresh, relatable lens. Participants will learn what burnout is (and what it isn't), identify warning signs and understand the consequences of chronic stress. Through engaging activities, polls, and self-reflection, attendees will discover practical strategies to break the burnout cycle, build resilience, and take back control of their wellbeing.



Scan the QR code to [register now](#).

The webinar will be recorded and posted on your Employee Assistance Program website, Member.MagellanHealthcare.com.