

Burnout and Stress Solutions

Stress is a natural reaction to any change where an adjustment or response is required. Stress may result when your personal or work related demands exceed the perceived internal and external resources required to satisfy the need. Stress may also occur when events or demands in your life stretch you to new levels of functioning.



Learn to manage stress.

Feeling overwhelmed with work and personal life

responsibilities? Our program is designed to help you identify the root causes of these feelings and will provide tools like stress management techniques and other strategies to regain balance.

Do you feel exhausted all the time? Chronic exhaustion can be a sign of burnout. Our clinicians will assess your situation, help identify stressors, and provide support so you can make changes that will help restore your well-being.

Do you feel like you're failing at everything? We can help you process these emotions, challenge your negative self-talk, and help you reclaim your confidence and control over your life.

One call is all it takes to get started.

The Burnout and Stress Solutions program supports you with the skills and techniques you need to help identify, manage and reduce stress and burnout. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our clinicians to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.

3. We also have a section dedicated to burnout, to help you in the identification of:

- The factors that can contribute to burnout
- An action plan for preventing burnout
- How to get through it
- Self-care tips and exercises

4. We'll be in touch with you while you're using the materials, and we will help you to build strategies to reduce stress and regain balance in your life.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).

Burnout and Stress Solutions can help you to recognize your symptoms of burnout and stress, which in turn enables you to reduce it.



Call us to get started

1-866-565-4903

International (Call collect): 604-689-1717

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