Anti-burnout puzzle for academics

SYLLABUS

1. General information
Workshop title: Stress and OB: their impact on the health, work and life
Form of classes: Interactive lecture / exercises /
Duration: 6 hrs/1 full day
Lecturer: Nadiya Dubrovina, CSc., PhD, Associate Professor, Bratislava University of Economics and Management Nadiya Dubrovina was awarded her CSc. in Economics and Mathematic Methods by the Kharkiv National University of Economics in 1997 and PhD in Finance by the University of Economics in Bratislava in 2019. She specializes in the health economics and health econometrics, her research interests are related with behavioral economics and social neuroscience.
2. General objective of the workshop
Stress is one of the most important factors leading to professional burnout and the emergence of serious physical and mental health problems. In this regard, an important area of stress prevention in the workplace is to study and understand the causes of stress and to develop effective strategies to reduce stressful conditions in the academic environment. The objectives are: to show the relationship between stress and health, to explain the psychosomatic mechanisms of the occurrence and course of stress, to measure the level of stress impact using various scales, to know the mechanisms for preventing stress in the workplace, and to apply effective strategies for preventing and reducing stress in the workplace.
3. Learning outcomes (in line with the EQF)
Knowledge – Participant: **L1.** names the causes of stress and its types that they encounter in their professional activities and social environment **L2.** formulates the signs of the stressful working and social environment **L3.** classifies possible typical and individual situations associated with stress at work and in the social environment
Skills – Participant: **S1.** uses different methods, scales and surveys for the recognition of the stress factors **S2.** prepares the interviews for the identification of the stress impact on the health state and occupational burnout **S3.** develops the recommendations for prevention of the stress in the working environment and implements adaptation strategies for the reduction of the negative consequences
Social competences – Participant: **C1.** adapts to the possible stressful situations in the working and social environment **C2.** acts ethically, cooperates and communicates effectively in teamwork and collective decision-making skills, resolves possible conflicts in the communication

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C3. builds positive relationships in the working and social environment, initiates actions for the prevention of the stressful situations
4. Programme content
Topic 1: The definitions and signs of the stress **Topic 2:** Mechanisms of the stress **Topic 3**: Stress and its impact on the health **Topic 4:** The tools for the measurement of stress level. Self-assessment of stress **Topic 5:** Stress and occupational burnout **Topic 6:** The effective stress management techniques ***Number of topics adjusted to the area, content and purpose of the workshop**
5. Teaching methods used during the workshop

☑ pair/group work	☑ lecture with presentation	☐ project
☑ case study	☐ simulations	☑ moderated discussion
☑ practical exercises indoor	☐ outdoor practical exercises	☐ ……

6. Methods of verifying learning outcomes		
☐ observation of activity	☑ presentation	☑ self-assessment
☐ group feedback	☑ test or quiz	☑ evaluation survey
☐ ……		

7. Teaching materials
Workshop slides, description of the case studies, the surveys, large pieces of papers for the presentation, set of pencils of different colors
8. Literature
Berg, J., Wrzesniewski, A., Dutton, J. Perceiving and responding to challenges in job crafting at different ranks: When proactivity requires adaptivity. Journal of Organizational Behavior. J. Organiz. Behav. 31, 158–186 (2010). Gabriel K.P., Aguinis, H. How to prevent and combat employee burnout and create healthier workplaces during crises and beyond. Business Horizons. Volume 65, Issue 2, March–April 2022, Pages 183-192 Godoy LD, Rossignoli MT, Delfino-Pereira P, Garcia-Cairasco N, de Lima Umeoka EH. A Comprehensive Overview on Stress Neurobiology: Basic Concepts and Clinical Implications. Front Behav Neurosci. 2018;12:127. Idris, M.A., Dollard, M.F., Coward, J., Dormann, Ch. Psychosocial safety climate: Conceptual distinctiveness and effect on job demands and worker psychological health. Safety Science. Volume 50, Issue 1, January 2012, Pages 19-28 Selye, H. Stress and the general adaptation syndrome. Br Med J. 1950 Jun 17;1(4667):1383-92. Swaab DF, Bao AM, Lucassen PJ. The stress system in the human brain in depression and neurodegeneration. Ageing Res Rev. 2005 May;4(2):141-94.

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Yaribeygi H, Panahi Y, Sahraei H, Johnston TP, Sahebkar A. The impact of stress on body function: A review. EXCLI J. 2017;16:1057-1072.

9. Organisational remarks (e.g. technical requirements, accessibility for persons with disabilities, necessary equipment to be provided by participants, recruitment conditions)

A workspace for group activities, and access to pens and papers for exercises.

The workshop will be held in a wheelchair-accessible space. Materials will be made available in alternate formats such as large print or braille if requested in advance.

No prior knowledge of occupational burnout is required.