



**BlueCross BlueShield  
of New Mexico**



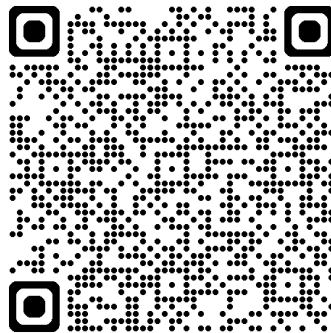
# UNDERSTANDING BURNOUT

**Date:** September 17, 2024

**Time:** 3:30 – 4:45 p.m.

**Location:** Virtual

[Register Here](#)



## We will learn about:

- What is resilience
- How does resilience differ from stress management
- What does resilience allow us to do
- Steps you can take to build resilience