

## Overwhelmed at work?

Stress isn't **always** bad, however when it becomes prolonged or chronic that it leads to debilitating mental and physical illness such as burnout, depression, heart disease, high blood pressure, and muscle aches. About 40% of workers reported that their jobs were extremely stressful, so you are not alone.

## What causes burnout?

- Lack of support
- Unclear expectations
- Long hours & high stress
- Poor work culture



## Five Signs You are Burnt Out

- Feeling tired and drained
- Lack of creativity
- No motivation to work
- Emotional isolation
- Using food, drugs, or alcohol to cope

## Virtual Workplace Burnout Therapy Program

Introducing a fully virtual, insurance-based solution for those struggling with trauma, burnout, anxiety, and/or stress in the workplace.

Intensive outpatient programs (IOPs) are treatment programs used to address mental health conditions that need a slightly higher level of care than outpatient therapy. They enable clients to continue with their normal lives while benefiting from group and individual therapy three times a week, all from the comfort of your own home.

**Take a break with purpose and treat stress at the source.**

## Conditions We Treat

- Workplace trauma/PTSD
- Burnout
- Excessive stress
- Adjustment/mood disorders
- Depression
- Anxiety

## What to expect?

**Admission: Rolling**  
**Length: 4 weeks**  
**3 Days a Week (Tue, Thu, Fri)**  
**From 11:00a-1:00p**

- Group and individual therapy
- Psychoeducation & coping skills
- Mindfulness education and practice
- Multiple treatment modalities

## Mindfulness

A focus on whole person health and wellness is essential to fostering long-term therapeutic benefits. Our team of mindfulness experts have carefully curated a mindfulness series that will teach you the importance of incorporating mindfulness into your daily routine and give you the tools to manage triggers head on.

## Medical Leave/Disability

Admission into the program qualifies individuals for medical leave/disability. The decision of whether to take a medical leave of absence is a personal choice. Leave is recommended while enrolled in the program especially if your condition is getting in the way of performing your job; however it is not an option for everybody. Consult with your doctor and human resources representative.

We accept in-network & out-of-network benefits.



Anthem

aetna

MHN  
A Health Net Company



Magellan  
HEALTH



Call today at **(866) 340-7702** to take a break with a purpose  
or visit us at [clearrecoverycenter.com/burnout](https://clearrecoverycenter.com/burnout) for more info