

## Burnt Out & On Edge: Navigating Anxiety and Burnout Post-Pandemic

In a world still reeling from the aftershocks of the pandemic, many find themselves emotionally drained and mentally overwhelmed. This psychosocial talk explores how prolonged uncertainty, blurred boundaries and increased pressure have left lasting effects on our wellbeing. This session will unpack the signs of burnout and anxiety—and discover tools to reset, refocus and reclaim balance post-pandemic.

### Key talking points

- Identifying burnout and anxiety triggers
- Assessing the psychosocial impact of the post-pandemic workplace
- Prioritising mental health in a demanding world
- Embedding wellbeing into organisational culture
- Finding your flow – personally and professionally
- Reminder of Lyra support services



**Date: 16 October 2025**

**Session: 02**

**Time: 15h00 – 16h00**



[CLICK HERE TO JOIN](#)

There is no registration required – simply click on the above link or scan the QR Code and you will be redirected to the **Teams Live Event**.

Contact [learning.za@lyrahealth.com](mailto:learning.za@lyrahealth.com) if you have any queries or want to book training exclusively for your organisation.