

Participant Handout: Mental Health Literacy and Burnout Chat IRL

Session focus

Mental health literacy is the ability to recognize, understand, and respond to mental health needs in ourselves and others. In this session, participants will reflect on burnout, stress, stigma, and practical strategies that support well-being in professional and community settings.

What to consider during discussion

- How is mental health talked about in your workplace, program, or community?
- What are the early signs that stress may be becoming burnout?
- What makes it easier or harder for people to seek support?
- What habits, boundaries, or supports help protect well-being?
- What can leaders, teams, or organizations do to create healthier environments?

Signs of burnout

Burnout can look different from person to person, but common signs may include:

- Ongoing exhaustion or low energy.
- Feeling emotionally drained or detached.
- Reduced motivation or decreased sense of accomplishment.
- Irritability, frustration, or difficulty concentrating.
- Increased stress that does not improve with usual rest.

Strategies for support

Helpful strategies may include:

- Naming stress early rather than waiting until it escalates.
- Setting realistic boundaries around time, workload, and availability.
- Building regular habits for rest, movement, reflection, or connection.

- Seeking support from peers, mentors, supervisors, or professionals.
- Encouraging workplace and organizational practices that reduce stigma and promote well-being.

Reflection

Use these prompts as takeaways from the conversation:

- One sign of burnout I want to notice sooner is: _____
- One strategy I want to strengthen is: _____
- One way I can support others is: _____
- One change my organization or setting needs is: _____

Key reminder

The Literacy Texas Group Chat IRL model encourages conversation, experience sharing, and exploration of topics that matter to participants, with the facilitator guiding discussion through prepared questions rather than formal lecture. The goal of this session is to leave with practical insight, shared ideas, and one next step for healthier support in everyday life.

Session Survey Link: <https://forms.gle/en4Ri7xdXvbqcDrNA>

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