

AGENDA – Managing Stress for Junior Residents

9:00 – 9:15 AM	Welcome and Icebreaker <ul style="list-style-type: none">- Introductions- Brief personal check-in activity
9:15 – 9:45 AM	Understanding Stress, Burnout & Emotional Fatigue <ul style="list-style-type: none">- Definitions and symptoms- Signs in yourself and others- Short reflective quiz
9:45 – 10:15 AM	Why Are Residents at Risk? <ul style="list-style-type: none">- Common causes in clinical settings- Group discussion: personal experiences
10:15 – 10:30 AM	Tea / Coffee Break & Informal Peer Sharing
10:30 – 11:00 AM	Strategies for Stress Management <ul style="list-style-type: none">- Time management & boundary setting- Breathing, mindfulness, and microbreaks (practical demo)
11:00 – 11:30 AM	Preventing Burnout Long-Term <ul style="list-style-type: none">- Building emotional resilience- The role of peer support, mentors, and systems
11:30 – 11:50 AM	Interactive Role-Play and Case Scenarios <ul style="list-style-type: none">- Managing stress in clinical encounters- Coping with difficult situations
11:50 – 12:00 PM	Wrap-up and Takeaway Tools <ul style="list-style-type: none">- Quick debrief- Resource handouts- Feedback collection