From Burnout to Balance: A Practical Wellness Framework for Sustainable Health Promotion

Women in helping and leadership roles often operate in high-demand environments that place them at increased risk for chronic stress, burnout, and diminished well-being. While wellness is frequently framed as individual lifestyle change, effective health promotion requires structured, accessible programs that address both personal and organizational factors influencing health.

This presentation introduces a practical, scalable wellness framework designed to support sustainable health promotion through intentional self-awareness, prioritization, and partnership. Grounded in holistic wellness principles, the program equips participants with simple, actionable tools to assess stress levels, identify early warning signs of imbalance, and engage in proactive self-regulation before burnout occurs. Emphasis is placed on shared wellness language, preventative check-ins, and realistic integration into daily routines and institutional cultures.

Drawing from facilitated workshops and program implementation in healthcare and helping-profession settings, this session highlights how wellness initiatives can move beyond theory to become lived practices that foster resilience, clarity, and long-term health outcomes. Participants will gain insight into how wellness programs can be designed to promote sustainability, reduce stigma around stress, and strengthen individual and collective well-being.

This presentation aligns with health promotion goals by emphasizing prevention, accessibility, and the creation of supportive environments that empower women to maintain balance, health, and vitality across life stages and professional roles.