



# BREAKOUT SESSIONS

## Breakout Sessions

**“When It’s Too Much: Navigating Crisis While Still Showing Up”**

**Length:** 30–45 minutes

**Audience:** Individuals navigating high-stress roles (e.g., parents, frontline workers, managers, veterans)

### **Description:**

This intimate, small-group session creates space to explore what it feels like to function while in crisis. With vulnerability, guided prompts, and peer dialogue, attendees reflect on their personal thresholds, warning signs, and self-abandonment patterns — and leave with a stronger sense of agency and self-compassion.

This session is perfect for those who are often seen as “the strong one,” yet silently battling emotional overwhelm.

### **Key Takeaways:**

- Normalize the experience of “crisis behind the scenes”
- Create a personal “Emotional Temperature Check” tool
- Share stories in a confidential, judgment-free environment
- Learn grounding techniques and exit strategies for high-stress moments
- Leave with a resource list and optional journaling prompt packet



## **“Burnout Is Not Just Being Tired”**

**Length:** 30–45 minutes

**Audience:** Professionals, caregivers, educators, entrepreneurs

## Description:

Burnout isn't about needing a nap — it's about emotional depletion, loss of purpose, and feeling like you're constantly pouring from an empty cup. In this session, participants will explore the **real-life symptoms of burnout**, how it differs from depression or anxiety, and what it looks like to *recover* instead of just “push through.”

This is a safe space to name the exhaustion, unpack the pressure, and begin resetting the boundaries that burnout blurred.

## Takeaways:

- How to recognize burnout vs. stress or tiredness
  - Emotional and physical symptoms often overlooked
  - The role of identity, overfunctioning, and self-sacrifice in burnout
  - Gentle strategies to start replenishing energy and joy
- 

## “Anxiety in the Age of Overstimulation”

**Length:** 30–45 minutes

**Audience:** Gen Z, Millennials, social media users, overwhelmed professionals

## Description:

We are more connected than ever — and more anxious than ever. This session dives into how constant notifications, comparison culture, and information overload affect our nervous systems and trigger persistent anxiety.

Through group discussion and grounding practices, participants will explore ways to take back control, create digital boundaries, and develop calm in the chaos.

## Takeaways:

- Why your nervous system is always on high alert
  - The impact of social media and screen fatigue on mental health
  - Simple techniques for grounding and calming anxious thoughts
  - Creating healthy “digital hygiene” habits
- 

## “Let’s Talk About It: Breaking the Stigma Around Therapy”

**Length:** 30–45 minutes

**Audience:** Communities of color, faith-based groups, first-time therapy seekers

**Description:**

For many people, therapy still feels taboo, intimidating, or “not for people like us.” This open dialogue session tackles the misconceptions around mental health care, especially in marginalized and faith-based communities.

Participants will leave feeling informed, empowered, and more confident in seeking or recommending support — because healing starts with honest conversations.

**Takeaways:**

- Common myths and fears about going to therapy
- What to expect in your first session
- How to find the “right” therapist for you
- Reframing therapy as strength, not shame