



CREATING A SAFE SPACE FOR EMPLOYEES

One of the core values of chaplains is providing a safe, confidential space where employees can talk freely about their struggles.



EARLY DETECTION OF BURNOUT SYMPTOMS

Burnout doesn't happen overnight. It's a gradual process that begins with subtle signs that can go unnoticed unless someone is paying attention.



ADDRESSING STRESS BEFORE IT'S OVERWHELMING

Chaplains are trained to help employees manage and reduce stress through mindfulness techniques, breathing exercises, and relaxation practices.



ENCOURAGING HEALTHY WORK-LIFE BOUNDARIES

With constant connectivity through email and mobile apps, it can be challenging for employees to "switch off" at the end of the day.



CRISIS INTERVENTION AND SUPPORT

When burnout reaches a more advanced stage, it can result in emotional or physical crises.



FOSTERING A CULTURE OF CARE AND SUPPORT

A significant part of the chaplain's role is to help cultivate a culture of care within the organization.



PROMOTING HOLISTIC WELL-BEING

Chaplains take a holistic approach to well-being, addressing not just the mental and emotional aspects of health but also the spiritual and physical dimensions.