



## **Snoezelen for people experiencing a Burnout and as a prevention**

Burnout is a widespread phenomenon of our society. It is a reaction of the human psyche to our fast pace environment and high demands of our modern society. Burnout is officially classified as ICD-11 Syndrome (International classification of diseases).

Great pressure to perform, profound change and networking of our society as well as global growth of the economy lead to fears, stress, depression and burnout. Under constant stress personal needs are neglected. The consequences can be felt on a physical, emotional and mental level. Symptoms include:

1. Feelings of loss of energy and exhaustion
2. Increased mental distance from work or negativ and cynic feelings related to one's work
- 3. Reduced professional efficiency**

The affected person has the feeling that they are losing control of their environment and of themselves. Burnout occurs across all social classes, regardless of age, education, occupation or gender.

Snoezelen is a very effective intervention without medical treatment and has no side-effects. Its positive effects on the well-being of the patient and her/his emotions and feelings are widely known. Using Snoezelen as an intervention to prevent and to help cure Burnout, is a new development.

Snoezelen Intervention for people with burnout can be learned quite easily and be effectively used for a wide range of types of individuals. Snoezelen has a multitude of therapeutical effects when used as prevention of burnout or in an interdisciplinary medical setting under the guideline of psychiatrists and psychologists, typically in a clinic specialized for burnout.

As prevention, it can be accompanied by many people: caregivers / companions of people with burnout as well as for people who are themselves threatened or affected by burnout.

The ISNA Switzerland now promotes a module to introduce you to the correct application of Snoezelen for people experiencing a burn-out and as a prevention.

It is important to understand which steps the burnout process follows. First, we need to find out where stress comes from and which stress reactions we have. Thus, we need to identify our individual stressors or stress factors. Several theories help us optimize our stress management.

In practice Snoezelen needs to be adopted to the personal needs of the client, as well as his/her preferences and circumstances in actual situation of life. Using different techniques of relaxation help to understand physiological and psychic relaxation or the combination of both. Massages combined with story-telling and imagination stories help to bring people to deep-relaxation and out of their feelings of stress in order to lower their everyday stress-level.

**Snoezelen offers the opportunity to bring well-being, deep-relaxation and joy to people of all ages. It can be used in a wide variety of situations relating to symptoms of burnout. Without any medication and with no side-effects, Snoezelen lowers efficiently our every-day-stress levels so that we can enjoy life with a lot more energy for work and leisure. Consequently, Snoezelen re-enforces power, gives opportunity to efficient relaxation and gives pleasure to re-adjust our work-life-balance that is healthy and joyful.**



