



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

## Addabbo supports TLC Virtual Resiliency to help professional facing burnout

SENATOR JOSEPH P. ADDABBO, JR. March 22, 2021

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Professionals in high-stress jobs are always facing the very real threat of burnout and during the pandemic, these stresses — and new ones related to COVID-19 — can oftentimes become overwhelming. State Senator Joseph P. Addabbo, Jr. wants to share a way to help professionals deal with stress and burnout.

TLC Virtual Resiliency (TLC-VR) was created in direct response to a call for help from professionals struggling emotionally during the COVID-19 pandemic. TLC Virtual Resiliency offers a group-based, wellness and resiliency-building program delivered through a unique social support network and customized, virtual workshops. These interactive services are meant to help manage stress, achieve employee wellness, and promote productivity in the workplace.

Burnout at the workplace can result from chronic stress that has not been managed. It can be characterized by:

- Feelings of energy depletion or exhaustion;

- Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- Reduced professional efficacy.

Workplace stress and burnout has been shown to lead to:

- Increased risk-taking behavior, including problems with alcohol and tobacco;
- Emotional issues;
- Health concerns, where many employees take extra sick leave, and some of their illnesses may directly result from work-related stress;
- Absenteeism;
- Job dissatisfaction; and
- Job turnover.

"It is already stressful enough living in New York City, going to work and trying to make ends meet to provide for your family. Being in the middle of a global pandemic, especially in high-stress professions like healthcare or education, can put anyone on the verge of burnout," Addabbo said. "TLC Virtual Resiliency was created specifically to help these professionals better manage their stress, and thrive in these high-stress situations."

In order to help employees, TLC-VR creates a psychoeducational curriculum with educational content on resilience and coping skills that offers evidence-based techniques uniquely tailored to meet the changing needs of the individual company and its users. Their goal is to make professional support accessible, affordable, and convenient for anyone who struggles with life's challenges.

“TLC-VR was formed as a call to action to offer support and resiliency education to frontline workers and educators who were impacted by the pandemic,” said Robert Goldman, J.D., Psy.D., Chief Psychologist and Co-CEO of TLC-VR. “For many professional sectors, the long-lasting effects of COVID-19 are still an unknown. But in these ever-changing environments, promoting mental wellness and resiliency education is of the utmost importance.”

“We are all hurting because of this pandemic and TLC-VR can provide help in dealing with many of the workplace stresses COVID-19 has brought,” Addabbo added. “I encourage anyone who may be dealing with high levels of workplace stress or from burnout to visit TLC-VR and see if their workplace could benefit from an individually tailored program.”

To learn more about TLC-VR, their team, what services they offer and how to register, visit their website at <https://tlcvirtualresiliency.com/>.