
BURNOUT, OVERLOAD, AND RESILIENCE:

A CREATIVE WRITING WORKSHOP

Organised by Prof. Katharine Murphy, Principal Investigator for Reading Bodies, and Dr Olivia Glaze, AHRC Postdoctoral Researcher: (k.a.murphy@exeter.ac.uk) (o.f.glaze@exeter.ac.uk)

The term burnout has sparked increasing interest in the media, and is reflected in a range of cultural texts.

This creative workshop will consider a selection of literary extracts and images on this theme, past and present, as inspiration for our own creative expressions of burnout, overload and resilience in micro-fiction, poetry, prose poems and drawings.

Attendance is free and all are welcome.

Weather permitting, the workshop may include time in the University grounds to inspire creativity.

Please book your place here:

<https://www.eventbrite.co.uk/e/burnout-overload-and-resilience-a-creative-writing-workshop>

JUNE 14 2024

10:00 AM - 14:00 PM

Margaret Rooms 2-3, Queen's Building, University of Exeter



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SCHEDULE

10:00-11:00	WELCOME AND INTRODUCTION PROF. KATHARINE MURPHY, DR DANIELE CARRIERI, AND DR KAYLEIGH DARCH: INTERDISCIPLINARY PERSPECTIVES ON BURNOUT, OVERLOAD, STRESS AND RESILIENCE
11:00-11:15	TEA & COFFEE BREAK
11:15-12:45	CREATIVE WORKSHOP LED BY DR SALLY FLINT
12:45-13:00	CONCLUDING COMMENTS
13:00-14:00	LUNCH FOR PARTICIPANTS QUEEN'S SENIOR COMMON ROOM

Please bring a pen and paper, laptop, or sketch pad and pencils, and contact the organisers at least 2 weeks in advance with any specific dietary needs.

For materials and inspiration on the workshop theme, visit our website:
[Resources - Reading Bodies \(exeter.ac.uk\)](https://www.exeter.ac.uk/resources-reading-bodies)

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HAVE YOUR WORK PUBLISHED!

We invite submissions of creative writing (in draft) and artwork by 28 June 2024, for editing and publication in a volume of *Riptide Journal*.

We are looking for submissions in English by UK and international participants. You can choose to publish your work with your name or a pseudonym.

Contributors may include, but are not limited to, creative writers and artists; academics, researchers and postgraduate students in any discipline; health practitioners; and members of the public with an interest in creative writing.

We are seeking a range of perspectives!

PRESENTERS

Prof. Katharine Murphy is an Associate Professor of Hispanic Studies and Comparative Literature, Department of Languages, Cultures and Visual Studies, University of Exeter. She holds an AHRC Fellowship for the [‘Reading Bodies’](#) project, funded by UKRI 2023-2025.

Dr Sally Flint is a writer, editor and lecturer in creative writing who works on collaborative projects at the interface of science, health, education, and the arts. She is Creative Lead on the groundbreaking project [We Are the Possible](#) showcased at COP28 climate conference to policy makers and the public. She is also co-founder and editor of *Riptide Journal*.

Dr Daniele Carrieri is a Lecturer in Public Health at the University of Exeter and leads [‘Care Under Pressure’](#), an interdisciplinary research programme that aims to understand the causes of mental ill-health and well-being in health professionals.

Dr Kayleigh Darch is a Clinical Psychologist and Yoga Teacher, and the founder of [Body and Mind Therapy](#).

This event is generously funded by an AHRC Research, Development & Engagement Fellowship [AH/X01133X/1].

For more information, please visit our website: [Reading Bodies \(exeter.ac.uk\)](https://www.exeter.ac.uk/reading-bodies)



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