

# Polyvagal Theory & Burnout:

## A Roadmap to Recovery

**MAY 14**  
WEDNESDAY  
**5PM**  
via Zoom



Burnout is real. Recovery can also be real, but it means understanding how you got here in the first place, and learning what to do to take care of yourself and your nervous system differently. Recovery also means learning how to recognize the warning signs of burnout building again.

During this presentation, you'll be introduced to Polyvagal Theory and how your nervous system is impacted when burnout grows and finally hits full force. We'll discuss tools for recovery, including Kelly's P.O.W.E.R. method for problem-solving, mindset, value systems, and resilience building. We'll explore together how to apply these strategies on your own terms, in order to have a career which leaves you fulfilled instead of fried.

Presented by  
**Kelly Lynch,**  
LCSW, EMT, CPT, PN-1



Kelly Lynch is a Licensed Clinical Social Worker, retired EMT, Personal Trainer, and Nutrition Coach. She became an EMT in 2003, and worked in commercial EMS as an EMT and FTO for 10 years prior to becoming a therapist. Kelly has been a therapist for over 16 years and specializes in Acute Stress and Post Traumatic Stress Injuries in first responders. She opened Turning Point Wellness in 2014, with the goal of normalizing mental wellness in public safety, to change the stigma of asking for help, and increase access and availability of appropriate support services to all professional and volunteer first responders. Kelly also owns The GRIIT Project, where she speaks nationally and internationally on topics related to mindset and problem-solving. She specializes in teaching people how to practice authenticity and find both personal and professional alignment through the power of self-leadership, so they can unlock their potential, live well, and be happy on their own terms. Her first book, *F\*ck the Rules*, was published in February 2024 and quickly became an Amazon Bestseller.



**SCAN/CLICK**  
to register



(860) 257-9782



[www.aftct.org](http://www.aftct.org)



35 Marshall Rd, Rocky Hill, CT 06067

