

## **Abstract**

**Title:** Activation therapy and burnout syndrom

**Objectives:** The main aim of this thesis is to present the issue of burnout and the use of prevention, especially the activation of physical activity options and alternative therapies (eg, music therapy, dance therapy, drama therapy, art therapy).

**Methods:** The research of available literature, and compilation and analysis of findings and observations were used in the empirical part of the thesis to design applications that could allow reduce the impact of burnout "disease". There has been used long-term observation of groups of workers - women from the government of social care for the disabled and underprivileged people in the region, district Trutnov.

**Results:** The empirical part of the thesis(project), develops and evaluates the results of those methods (observation, questionnaire, questionnaire). Based on these results, I found that 52% of female respondents, administration officials from the region of Trutnov District syndrome are at risk of burnout.

**Keywords:** risk factors, stress, prevention, alternative activation technics, regular physical activity