

## **Abstract**

Bachelor thesis is dedicated to burnout syndrome in helping professions. First part analyzes the helping profession and its specific characteristics, second part of the thesis contains description of burnout syndrome, symptoms, stages and diagnostic process. Last part discusses the treatment of burnout syndrome (from the perspective of traditional and alternative medicine) and preventive measures that may be included in the life of each person.

Key words:

burnout syndrome, stress, risk factors, helping profession, flow, social standby, healthy life style