

## **Abstract**

The thesis deals with the issue of mental hygiene as a burnout prevention of counselling staff working in counselling for family, marriage and human relations. It is focused on psychologists and social workers. The first part deals with the issues related to the counselling and requirements for counselling staff, as well as the specifics and risks associated with the profession, and the clientele that comes to counselling. Furthermore, the thesis deals with the issues of burnout syndrome and mental hygiene related to the profession of counselling staff.

The second part of the diploma thesis is processed in the form of empirical explorative research which aim was to map the issue of mental hygiene as a prevention of burnout syndrome among counselling staff, specifically psychologists and social workers working in the counselling for the family, marriage and human relations. It was found out that the counseling staff perceive as the most burdensome administrative and organizational components of their work and unmotivated or difficult clients. On the contrary they are most enriched with the diversity and variety of client stories, meeting with clients and feeling of their meaningfulness. Regarding mental hygiene strategies and techniques that counseling staff use the most, in the foreground figure relaxation, meditation and connection to internal resources, as well as sharing with peers and leisure activities.

**Keywords:** counselling staff; counselling for family, marriage and human relations; mental hygiene; stress; burnout syndrome