



BURNOUT: AVOID FALLING INTO THE TRAP!

Burnout does not discriminate and affects veteran physicians and new residents alike. More than 40 percent of clinicians report having at least one symptom of burnout, negatively impacting patient outcomes, patient satisfaction, and post-discharge delivery time.

Use these **10 tips** to help you prevent and control the feeling of burnout.

- 1 Establish your work-life balance:** Everyone's version of work-life balance is unique. Decide what yours is on an individual level, and don't feel swayed by what peers/colleagues have chosen for themselves.
- 2 Rediscover the value of your work:** Remember you are making a difference, helping promote the healing of others, and contributing to positive outcomes – your work is IMPORTANT!
- 3 Choose something you're grateful for:** Document three things you're thankful for each day. This conscious shift to gratitude helps “rewire” our outlook and recharge positive energy.
- 4 Set boundaries:** Establish rules and stick to them, even if that means letting others down. Your family, friends, and teammates will understand.
- 5 Don't be afraid to speak up:** Use candor during one-on-ones and in group meetings to report experiences and issues contributing to burnout. Break the silence!
- 6 Look for the joys in daily tasks:** Finding positive moments, and making a habit of those behaviors, can bring fulfillment to your day. Take a deep breath several times a day, step outside if only for a moment, read something inspirational, listen to music, watch a movie, or read something non-medical.
- 7 Talk to someone:** Being a clinician comes with challenges. Find a mentor and/or a mental health professional who can be a supportive guide through difficult circumstances. Opening up about personal situations and difficult cases is both comforting and cathartic.
- 8 Disconnect:** Sometimes you just need to take a break. Set time every day to completely disconnect from technology.
- 9 Establish relaxation time:** Take advantage of your time off to recharge your body. Explore relaxation techniques including yoga and meditation. Don't forget to get plenty of sleep. Feeling tired can intensify burnout.
- 10 Make your health a priority:** Working out may be the last thing you feel like doing when you're experiencing burnout, but it is a powerful remedy. Maintaining a healthy diet can also improve your mood and energy levels throughout the day.

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