

Burnout Prevention

Participant Handout





What is burnout?

- Burnout is a combination of physical, mental, and emotional exhaustion
- "The state of becoming exhausted by making excessive demands on energy, strength, or resources in the workplace."

- Herbert Freudenberger

What are the causes of burnout?

- Heavy workload
- Lack of appropriate recovery
- Little control over your circumstances
- Additional personal pressures: health, finance, relationships
- Serving in a caregiving role

"In my life, the things that could contribute to burnout are:	
	."

The Maslach Inventory

Created by Professor Christina Maslach, the Maslach Burnout Inventory (MBI) helps assess an individual's level of burnout in these areas:

- Emotional exhaustion "I've got nothing left in my gas tank."
- Depersonalization "I no longer care what happens to my clients."
- Personal Accomplishment "I am no good at my job."
- Cynicism "I don't care about my work anymore."
- Professional efficacy "My efforts don't make a difference."



Recharge physically: sleep

- Try to keep a consistent sleep schedule
- Aim for 7-8 hours if possible
- Create an unwinding ritual
- Keep the screens out of the room!
- Avoid caffeine, eating, and stress before bed
- Make the bedroom comfortable, dark, and cool

"To ensure better quality sleep starting tonight, I will:	
	"
	_

Recharge physically

- Go for a walk
- Connect with nature
- Light exercise
- Stretch
- Limit unhealthy food
- Stay hydrated
- Check in with your doctor

"To take better care of my body TODAY , I will:	
	"
"To take better care of my body THIS WEEK , I will:	
	"



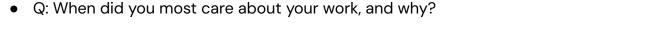
Recharge mentally

- Limit stress: Control what you can, control your attitude
- Set boundaries; it's okay to say "no"
- Technology detox
- Play a game to change your focus
- Read a book
- Play a musical instrument
- Consume positive information: books, movies, podcasts, music
- Mindfulness meditation
- Journal and examine your thoughts

"To take better care of my mind today, I will:	
	,

Recharge mentally: Journal

•	Q: What are your greatest strengths and skills?
•	Q: What have you done you are proud of?
•	Q: Who is counting on you?





Recharge emotionally

- Be mindful of your daily emotional experience
- Seek out activities that bring you joy
- Add laughter to your day
- Add playfulness to your day
- Add creativity to your day
- Cuddle with pets
- Be kinder and more forgiving of yourself
- Consider what you are grateful for

What is an activity that brings you joy?	
What is a movie/show/podcast/etc. that makes you laugh?	
What did you used to do for fun before you got so busy?	
What are you grateful for?	
How can you be kinder to yourself today?	
"To recharge emotionally today, I will:	
	. . "

Create your self-care plan

What time today will you do something to care for yourself? —	
What time this weekend will you do something to care for yourself? —	
How will you ensure you follow through?	

