



Managing Burnout



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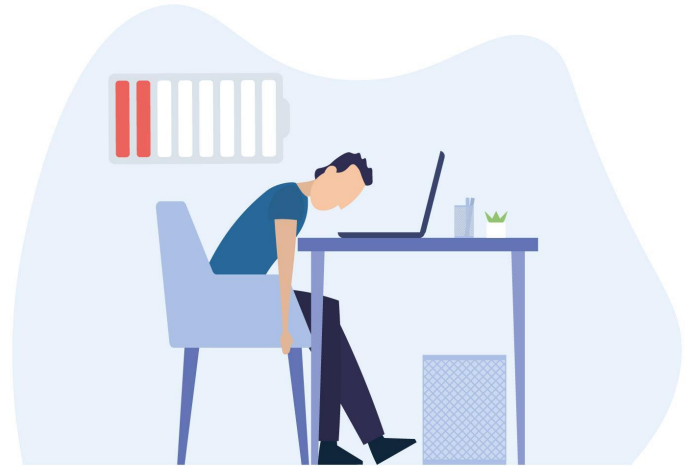
Group Discussion

What is something that causes you stress in
your work life?

What is Burnout?

Managing Burnout

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Managing Burnout

1. Prioritize Self-Care



2. Manage Workload



3. Seek Support



Prioritize Self-Care

- Sleep
- Nutrition
- Exercise
- Hobbies
- Socializing
- Mindfulness (slowing down)

How do you prioritize self-care?



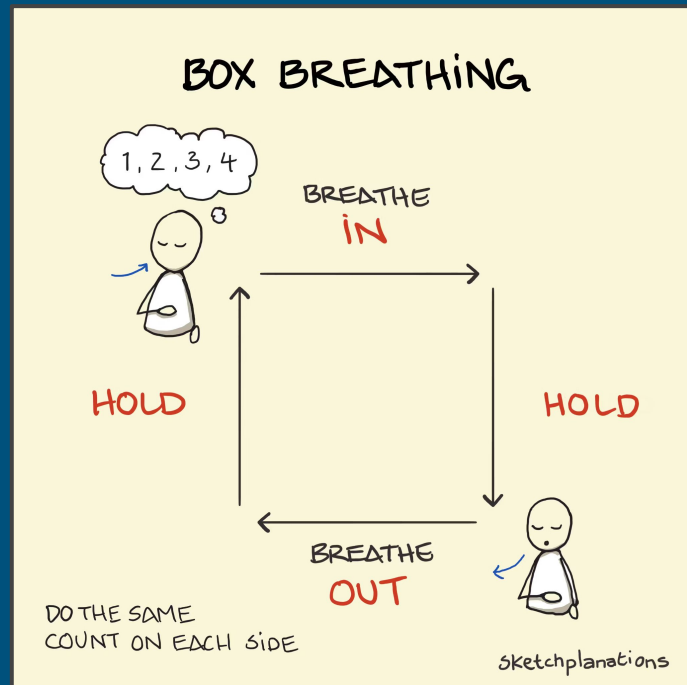
Mindfulness Activity

Breathing Exercise:

- Box breathing

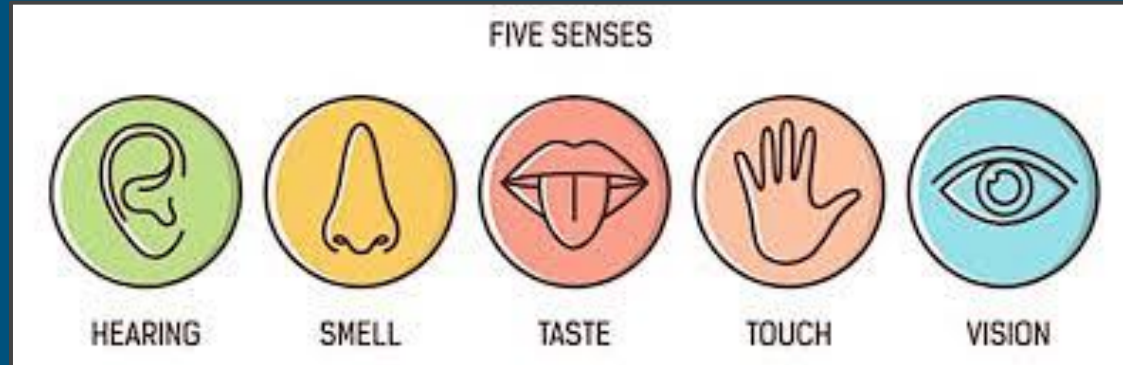
Walking Activity:

- Focus on breathing
- Walk slower than usual
- Find beauty in surroundings (five senses)



Discussion

- What did you notice?
- How did you feel?
- How can you incorporate this into your personal/professional life?



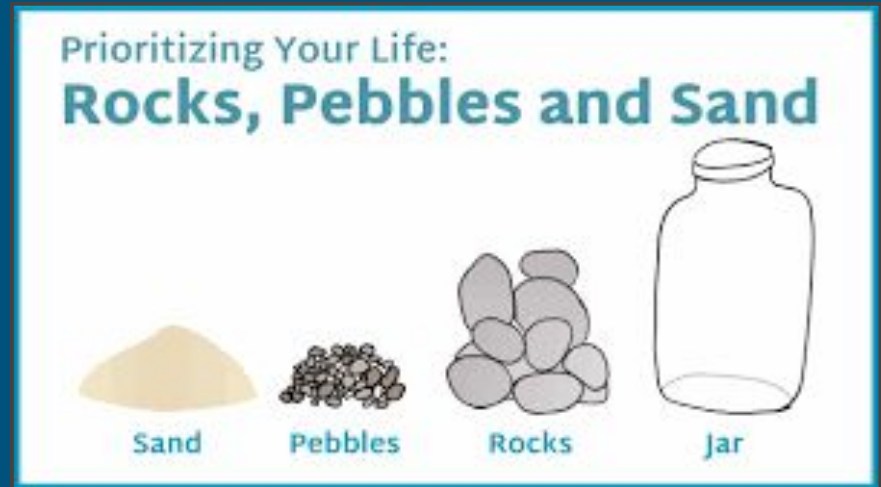
Manage Workload

- Set boundaries
- Take breaks
- Plan time



Prioritizing Activity and Discussion

- What are the big rocks in your life?
- What are the pebbles?
- What are the sand pieces?
- How do you think you can better prioritize the different “rocks”?



Seek Support

- Communicate with colleagues and family
- Delegate/ask for help
- Seek professional support (counseling)



Support Activity

- List personal & professional support resources

Scenarios: Who would you go to for support?

1. Conflict with a coworker
2. Receiving negative feedback from a parent
3. Feelings of inadequacy
4. Difficulty building a relationship with a child

Make a Self Plan

1. Self care
2. Manage workload
3. Seek support

Assignment:

- Make one goal for each category



References

Beat burnout: Self-care for high-stress careers. AM Healthcare. (2024).

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