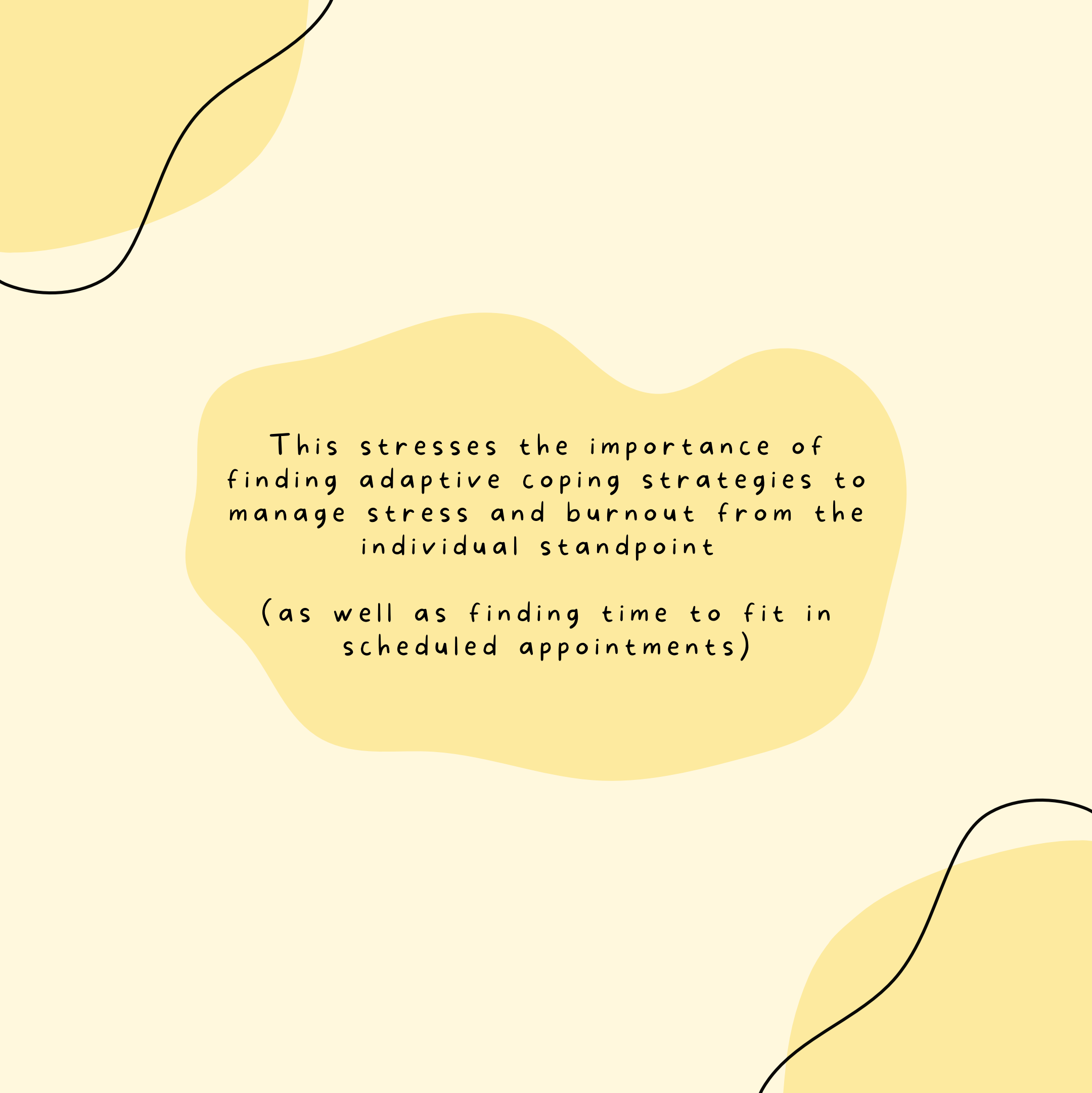


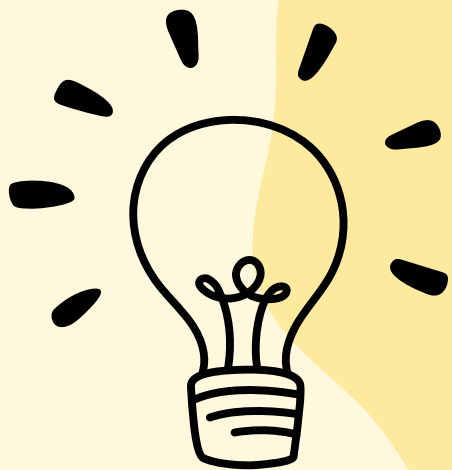
## Did you know?

healthcare workers noted that part of the problem of receiving official support was that psychologists offered sessions in the middle of the day, conflicting with their own schedules

The image features a white background with several yellow abstract shapes and black lines. A large, irregular yellow shape is centered in the middle, containing text. There are also yellow shapes in the top-left and bottom-right corners, with black lines curving around them.

This stresses the importance of finding adaptive coping strategies to manage stress and burnout from the individual standpoint

(as well as finding time to fit in scheduled appointments)

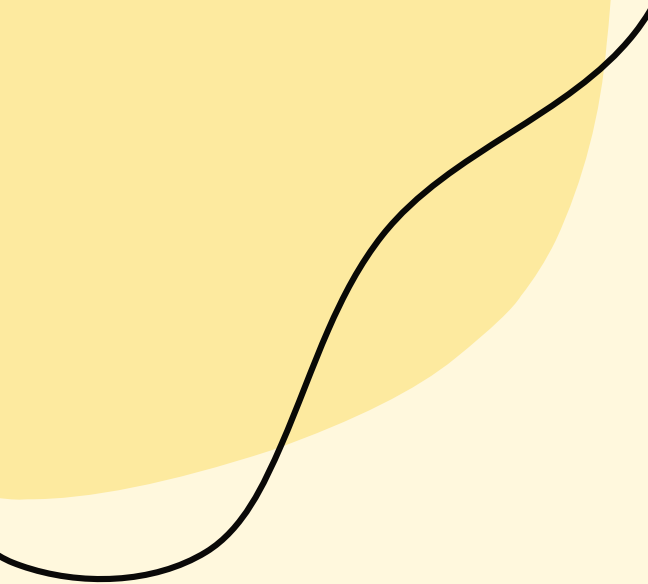


**What are adaptive coping strategies?**

## **Adaptive coping strategies**

can be any coping mechanism that you can add to  
your toolkit

it's important to have **MANY** vs **FEW** coping  
strategies to choose from



## Adaptive Coping Mechanisms can look like:

- remembering that each individual responds to stress, and burnout in different ways
  - noting which emotions you are feeling
  - having compassion for yourself
  - getting adequate sleep every night
  - making time to do a relaxing activity for yourself each day
  - making time for gratitude each day
- 