A quick look into Healthcare Burnout

How can we solve it?
Burnout affects us differently

Burnout can include moral injury, anxiety, trauma, exhaustion, cognitive impairment, and functional difficulty. Each individual responds to stress and burnout in different ways.
Burnout and mental illness work hand in hand. With increased burnout, there is an increased risk of mental illness.
In 2020, 76% of health workers reported being exhausted and burnout.
To solve burnout we need solutions on multiple levels.

The healthcare system needs to reassess structure and productivity goals. Organizations need to be supportive of individuals. Individuals need healthy work-life balance, and mental health access.
What if individuals get professional help?

Part of the problem of receiving official support is that psychologists offer sessions in the middle of the day, conflicting with schedules of healthcare workers.
How effectively we cope with stress can affect how well we mitigate burnout.
<table>
<thead>
<tr>
<th>How can we cope?</th>
<th>With effective individual coping mechanisms</th>
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<tbody>
<tr>
<td><strong>Reduce Stress</strong></td>
<td>Set regular times for relaxation</td>
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<tr>
<td><strong>Build Resilience</strong></td>
<td>Build healthy habits,. Get adequate sleep. Have compassion for yourself</td>
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<tr>
<td><strong>Be Mindful</strong></td>
<td>Take some mindful breaths or meditate.</td>
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<tr>
<td><strong>Find Support</strong></td>
<td>Find a support system, amongst coworkers, family, friends, or professionals. Ask for help if needed</td>
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These are just a few tips and solutions. Check our sources for more info and ideas.

**Sources**


