



A QUICK LOOK INTO

Healthcare Burnout

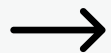
How can we solve it?





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.





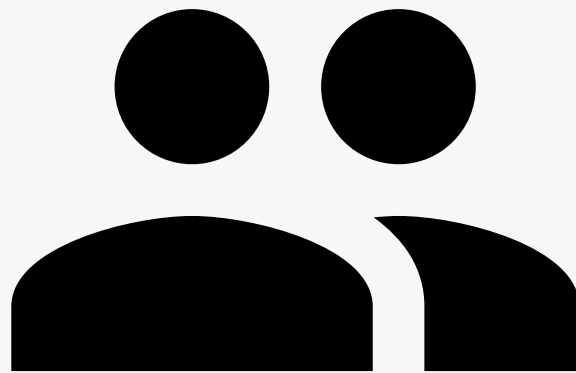
Burnout vs. Mental Illness

Burnout and mental illness work hand in hand. With increased burnout, there is an increased risk of mental illness





76%

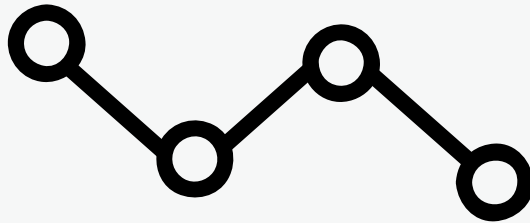


In 2020, 76% of health workers reported
being exhausted and burnout





A multisystem problem



To solve burnout we need solutions on multiple levels.

The healthcare system needs to reassess structure and productivity goals.

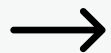
Organizations need to be supportive of individuals. Individuals need healthy work-life balance, and mental health access





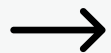
What if individuals get professional help?

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.**





🔍 How can we cope?

With effective individual coping mechanisms

Reduce Stress

Set regular times for relaxation

Build Resilience

Build healthy habits,. Get adequate sleep.
Have compassion for yourself

Be Mindful

Take some mindful breaths or meditate.

Find Support

Find a support system, amongst
coworkers, family, friends, or professionals.
Ask for help if needed





These are just a few tips and solutions. Check our sources for more info and ideas

Sources

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