

Self-Care Strategies: Responding to Burnout

Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress. Burnout can make somebody feel drained of energy, reduce productivity, lower their motivation and cause them to feel helpless, hopeless and resentful in their work and other aspects of life.

Many people at one time or another will experience burnout. Here are some tips to help reduce, manage and cope when experiencing feelings of burnout.

BE AWARE OF YOUR HEALTH

- Take moments for yourself
- Develop positive eating habits
- Determine your movement goals
- Maintain a sleep schedule
- Have annual checkups



TAKE CARE OF EACH OTHER

- Spend time with friends and family
- Ask for help when you need it
- Give others a helping hand
- Volunteer for a cause
- Join a support group

- Reflect and remember why you work in healthcare
- Think about how your work has meaning and is an essential service to the entire hospital system

Align your work with your core values

- Set healthy boundaries
- Communicate your feelings
- Nurture positive emotions and relationships
- Participate in deep breathing and mindfulness moments

RE-DISCOVER YOUR PURPOSE

DEVELOP NEW SKILLS

ACCESS SUPPORTS AND RESOURCES

The BCHS Peer Support team is here for you if you need them! The goal of the Peer Support Program is to provide emotional support to help improve the psychological health and safety, resiliency, well-being, and sustainability of all employees, volunteers, and learners at BCHS.

Visit www.bchsys.org/PeerSupportProgram for more information or contact peer.support@bchsys.org

To learn about our Employee Assistance Program (EAP) and other resources visit www.bchsys.org/healthandwellness

