



What is burnout like?

ongoing anxiousness depression

frustration anger exhaustion

confusion uselessness hopelessness

loneliness guilt disillusionment

Burnout impacts

- **the person**
- **their family**
- **their workplace**

The road to burnout

- Me
- My job
- My life
- My changing world

The road out of burnout

- **It's a long journey**
- **Medical assessment and medication**
- **Counselling support**
- **Extended time off**
- **Being healthy**
- **A small group of support people**

The road out of burnout

- **Developing stronger coping strategies**
- **Having hope**

Avoiding burnout

- **Understand yourself**
- **Identify pressures at work**
- **Identify pressures at home**
- **Create coping strategies**
- **Manage time well : work / life balance**
- **Manage your health and energy**

Avoiding burnout

- Recharge
- Self care
- Have fun
- Play to your strengths
- Take responsibility for yourself

Helping your team members

- **Have realistic expectations**
- **Put work into perspective**
- **Being people and task oriented**
- **Encourage people**
- **Place people into the right positions**
- **Build healthy teams**

