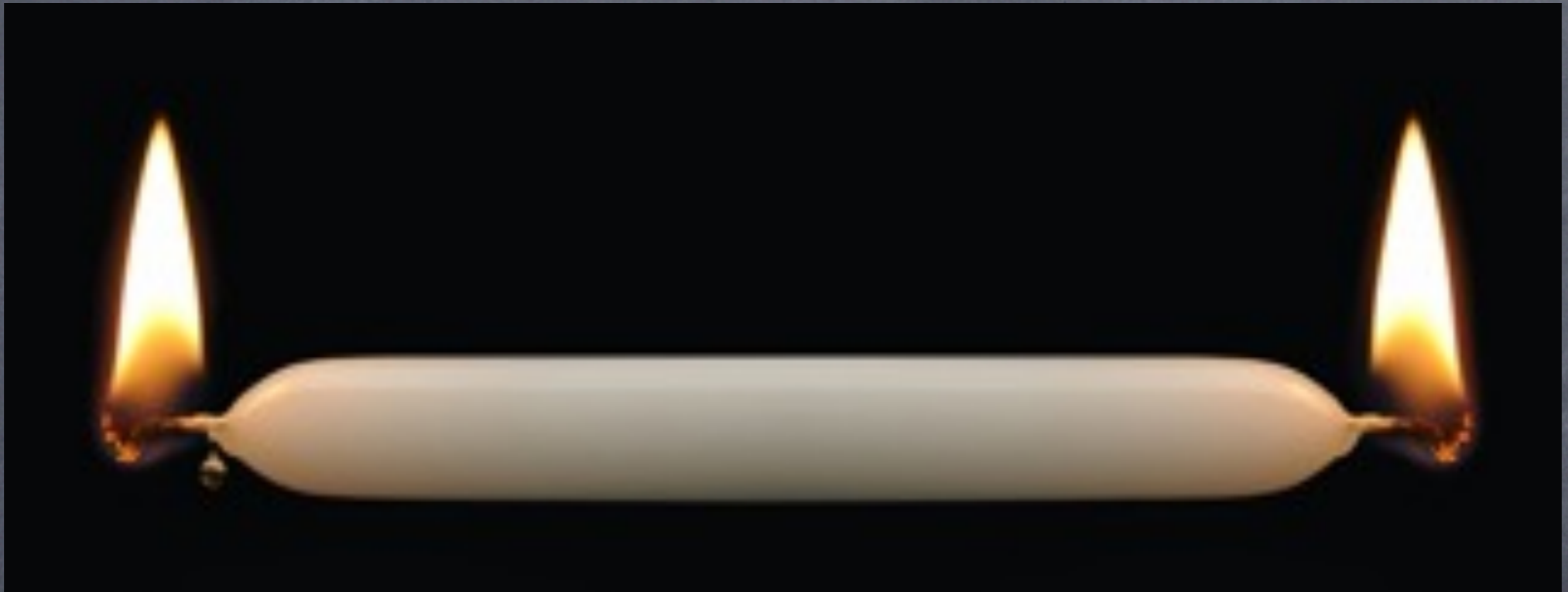


ARE YOU BURNED OUT?



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Objectives of Workshop

- Define professional burnout vs. stress.
- Recognize patterns that lead to burnout.
- Identify strategies to help prevent professional burnout.

What is Burnout?

- Burnout is a psychological term for the experience of long-term exhaustion and diminished interest.
- Burnout refers specifically to a type of adrenal fatigue brought on by lifestyle factors (ie: trying too much at once, working too hard)
- Research indicates general practitioners have the highest proportion of burnout cases; according to a recent Dutch study (Psychological Reports) no less than 40% of these experienced high levels of burnout.

What contributes to emotional fatigue?

- Lack of time
- Financial Pressure
- Lack of Faculty Contact
- Lack of felt accomplishment

“Life in the ether...”

- What are the things that burn you out? (ie: no concrete results or progress, no feedback)
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Stress vs. Burnout

STRESS/"Too much"	BURNOUT/"Not enough"
Characterized by over engagement	Characterized by disengagement
Emotions are over reactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helpless and hopelessness
Loss of Energy	Loss of motivation, ideals, and hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional

(Adapted materials from: helpguide.org/mental/burnout_signs_symptoms.htm)

The Student

- Strong need for perfection; high expectations of self
- "Over achievers" used to positive feedback
- Self reliant; even if the support was available
- "An overwhelming majority of graduate students surveyed (in the Barna survey) 86% said that their primary source of strength was their inner selves"

Symptoms of Burnout

- Decreased stamina
- Sleep problems; increased need for sleep or insomnia
- Weight loss or gain; decreased/increased appetite
- Accident prone
- Increased susceptibility to illness; psychosomatic complaints; cardiopulmonary problems
- Mental Illness; Depression and moodiness; self esteem problems
- Isolation; lack of desire to socialize
- Relationship conflicts
- Cynicism

The Impact of Burnout

- Quality of work is affected.
- Degree plans are halted.
- Interpersonal relationships become stunted:
“The hinderances of time commitments, lack of social involvement, and hesitancy toward self-disclosure prevent the natural development of rewarding support networks”.
- Future career plans are jeopardized.

🌀 So now that I know
I am burned out,
what do I do?

The 3 Rs

- Recognize: Watch for signs of burnout
- Reverse: Undo the stress by managing stress and seeking support
- Resilience: Build resilience to stress by taking care of your physical and emotional health

Prevention of Burnout

- Monitoring progress
- Time management and setting priorities:
- Cultivating Relationships
- Seeking Professional Help
- Developing your world view

Monitoring Progress

- Journal Writing
- Be mindful and eliminate negative self-talk
- Don't compare yourself to others
- Identify and cultivate your strengths
- Be aware of the triggers that lead to feeling burned out.

Managing Time

- Conserving Time (Be wise with the hours in a day, with flexibility)
- Controlling Time (Learn to say "No")
- Making Time for Self Care (ie: taking breaks from technology, doing one thing at a time, leisure & vacation, exercise, eating balanced meals)

Cultivating Relationships

- Assess current relationships
- Establish interactive relationships that motivate and hold you accountable (ie: a gym partner)
- Form meaningful relationships outside of work/school

Seek Professional Help

- Prevent mental illness brought on by environmental stressors
- A neutral lens
- Services at UCSF SHCS

Developing Your Inner World

- What is the highest priority of your life?
- What would you like the biggest priority of your life to be in 40 years?
- Is there a cause for which you would sacrifice your personal standard of living?
- If someone asks you to describe the principles by which you live your life, what would you say?
- What are your core values or beliefs?
- How do you feel about the world, the environment?

Questions/Comments

References

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