

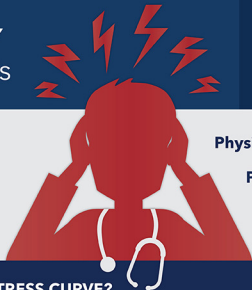
# BURNOUT IN CARDIOLOGY

Reverse the Crisis



AMERICAN  
COLLEGE OF  
CARDIOLOGY

## SYMPTOMS OF A BURNOUT

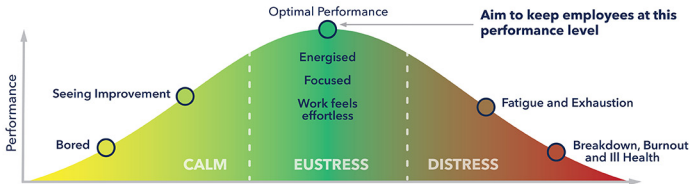


Physical/Emotional Exhaustion

Personal Sense of Lack  
of Accomplishment

Cynicism and Detachment

## WHERE ARE YOU ON THE STRESS CURVE?



## BURNOUT BY THE NUMBERS



**35-54%**  
of U.S. physicians  
and nurses

**45-60%**  
of medical students  
and residents

**HELP**

## WELL-BEING TIPS



Exercise



Eat Healthy



Sleep Well



Yoga  
Meditation



Connect  
with Others



Engage  
in Hobbies

- 1) Your institution's Employee Assistance Program
- 2) 988 Suicide and Crisis Lifeline

For more information:  
**ACC.org/ClinicianWellBeing**