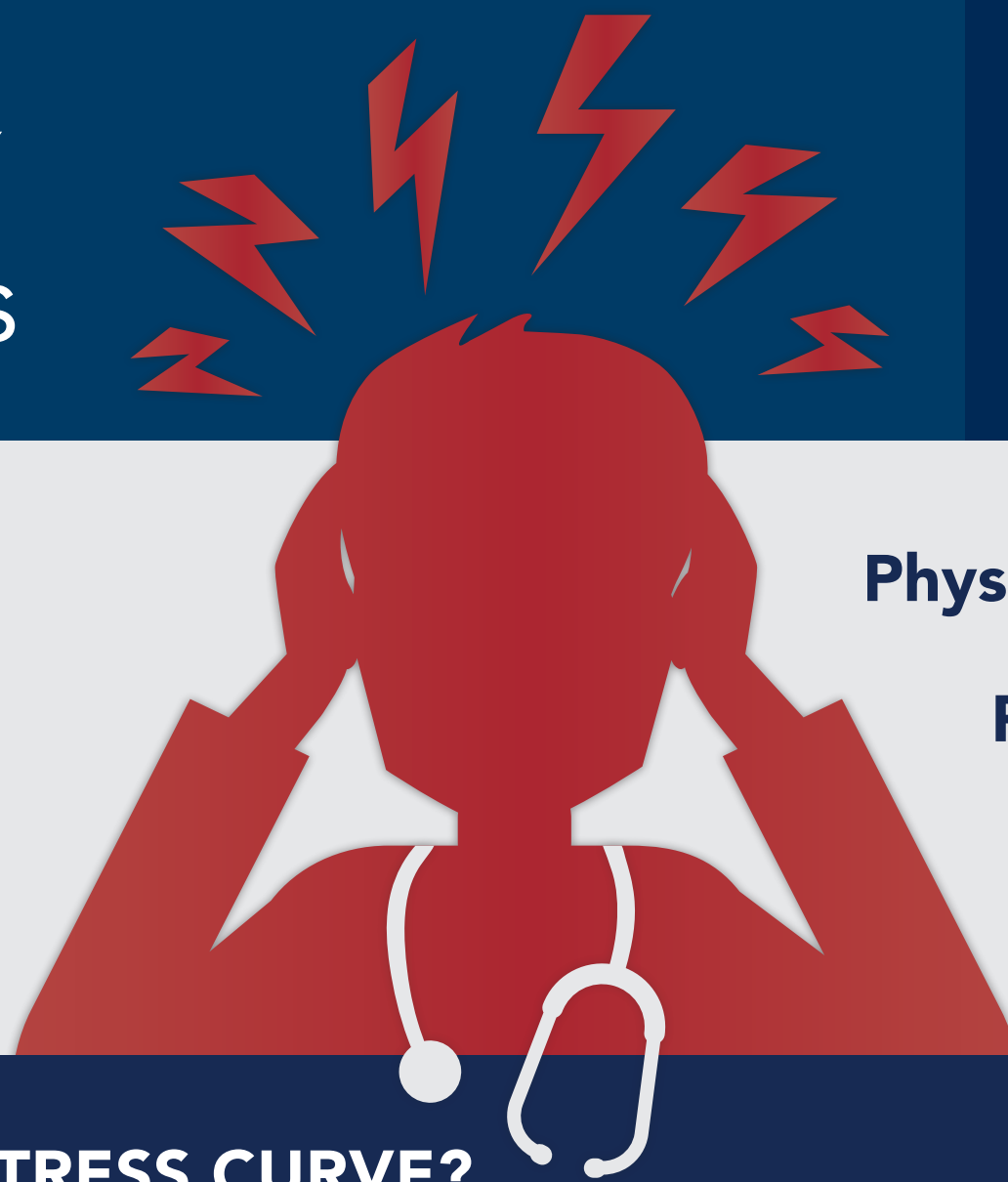


# BURNOUT IN CARDIOLOGY

## Reverse the Crisis



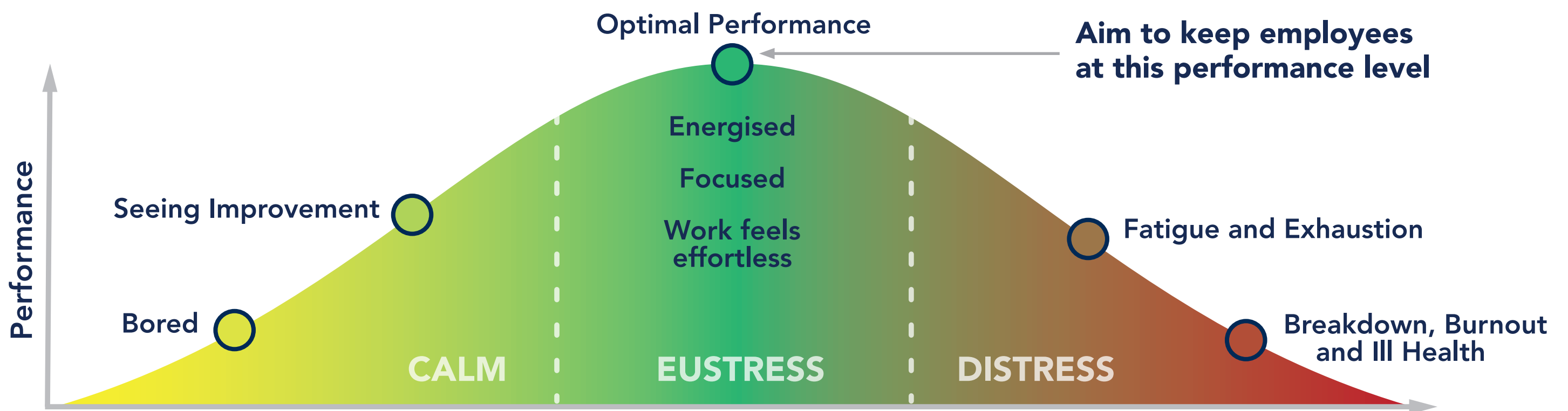
AMERICAN COLLEGE of CARDIOLOGY



### 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

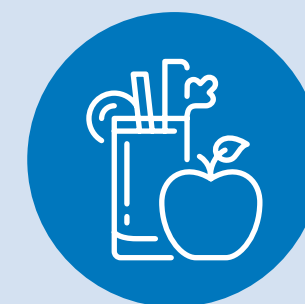
**45-60%**  
of medical students  
and residents

**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) National Suicide Prevention Lifeline 1-800-273-8255

For more information:  
**[ACC.org/ClinicianWellBeing](https://www.acc.org/ClinicianWellBeing)**