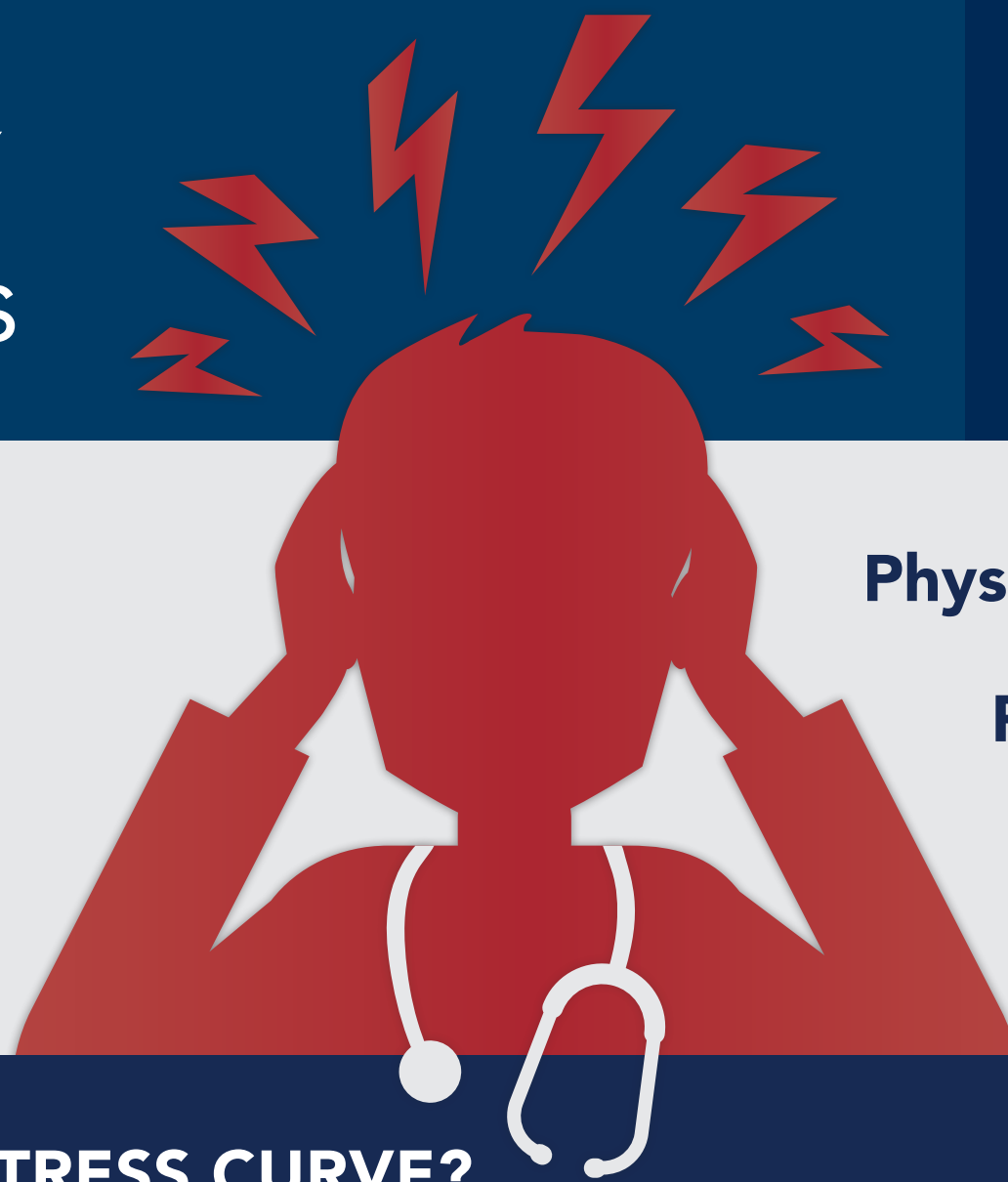


BURNOUT IN CARDIOLOGY

Reverse the Crisis



AMERICAN COLLEGE of CARDIOLOGY



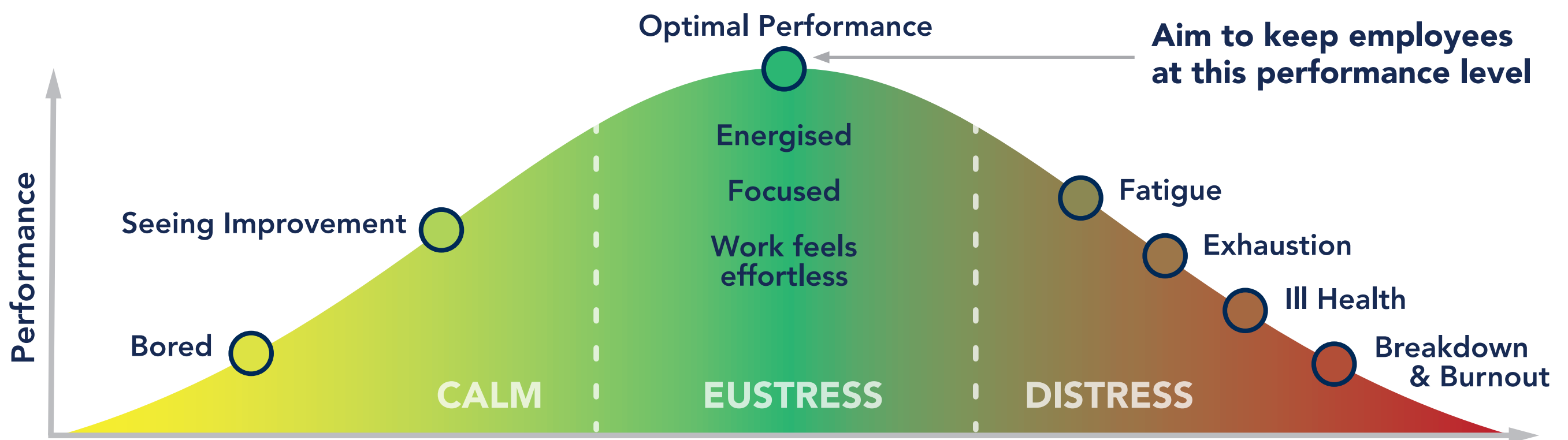
SYMPTOMS OF A BURNOUT

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

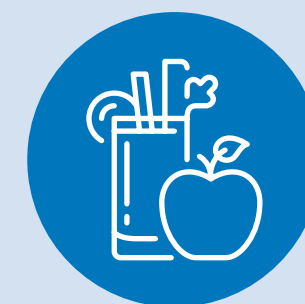
45-60%
of medical students
and residents

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)