SYMPTOMS OF A BURNOUT

- Physical/Emotional Exhaustion
- Personal Sense of Lack of Accomplishment
- Cynicism and Detachment

WHERE ARE YOU ON THE STRESS CURVE?

- Optimal Performance
  - Energised
  - Focused
  - Work feels effortless

- EUSTRESS
  - Seeing Improvement
  - Bored

- CALM

- DISTRESS
  - Fatigue
  - Exhaustion
  - Ill Health
  - Breakdown & Burnout

BURNOUT BY THE NUMBERS

- 35-54% of U.S. physicians and nurses
- 45-60% of medical students and residents

WELL-BEING TIPS

- Exercise
- Eat Healthy
- Sleep Well
- Yoga
- Meditation
- Connect with Others
- Engage in Hobbies

HELP

For more information:
ACC.org/ClinicianWellBeing

1) Your institution’s Employee Assistance Program
2) National Suicide Prevention Lifeline 1-800-273-8255