

Burnout Management

Clinical experience suggests that curbing physician [burnout](#) requires a combination of workplace redesigns, positive [leadership](#) behaviors, and [resilience](#) training that teaches practical applications from the fields of resilience, emotional intelligence, positive psychology, and relationship systems ¹⁾.

Evaluate your options. Discuss specific concerns with your supervisor. Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait. Seek support. Whether you reach out to co-workers, friends or loved ones, support and collaboration might help you cope. If you have access to an employee assistance program, take advantage of relevant services. Try a relaxing activity. Explore programs that can help with stress such as yoga, meditation or tai chi. Get some exercise. Regular physical activity can help you to better deal with stress. It can also take your mind off work. Get some sleep. Sleep restores well-being and helps protect your health. Mindfulness. Mindfulness is the act of focusing on your breath flow and being intensely aware of what you're sensing and feeling at every moment, without interpretation or judgment. In a job setting, this practice involves facing situations with openness and patience, and without judgment. Keep an open mind as you consider the options. Try not to let a demanding or unrewarding job undermine your health.

¹⁾

Sotile WM, Fallon RS, Simonds GR. Moving From Physician Burnout to Resilience. Clin Obstet Gynecol. 2019 Sep;62(3):480-490. doi: 10.1097/GRF.0000000000000444. PubMed PMID: 31344003.

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