**Whole Health Training: Burnout**

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**AVOIDING BURNOUT**

Learning objectives:

1. Identify common stressors, signs of stress, and typical reactions
2. Determine what aspects of work distress you can begin to improve or eliminate
3. Explain the 5-step problem solving model of stress management

**OVERVIEW: HOW TO AVOID BURNOUT**

1. Define burnout
2. Complete Perceived Stress Scale (PSS)
3. How can we prevent stress from building and negatively affecting us

* Get to the core of stress
* Problem Solving
* Have effective strategies for managing stress
* Take good care of yourself

1. SIR model of stress

* Situation
* Interpretation
* Response

1. Five-step problem solving model of stress management

* Define problem
* Determine goal
* Develop solutions
* Implement plan
* Analyze results

1. Six tips for time management

* Only have 1 to 3 goals with deadlines at a time
* Break down larger goals or projects into smaller tasks
* Avoid perfectionism
* Single-task for efficiency
* Limit distractions
* Go with the flow

1. Practice breathing exercises and desk stretches
2. Avoid the 4 false fixes

* Sweets
* Alcohol
* Caffeine
* Tobacco

1. Self-care tools to manage stress

* Good nutrition
* Adequate sleep
* Physical activity
* Relaxation & recreation

**Additional Resources**:

<https://vaww.visn23.portal.va.gov/SiteDirectory/EHPDIP/stressmanagement/default.aspx>