

RECOGNIZING AND PREVENTING BURNOUT DURING A PANDEMIC

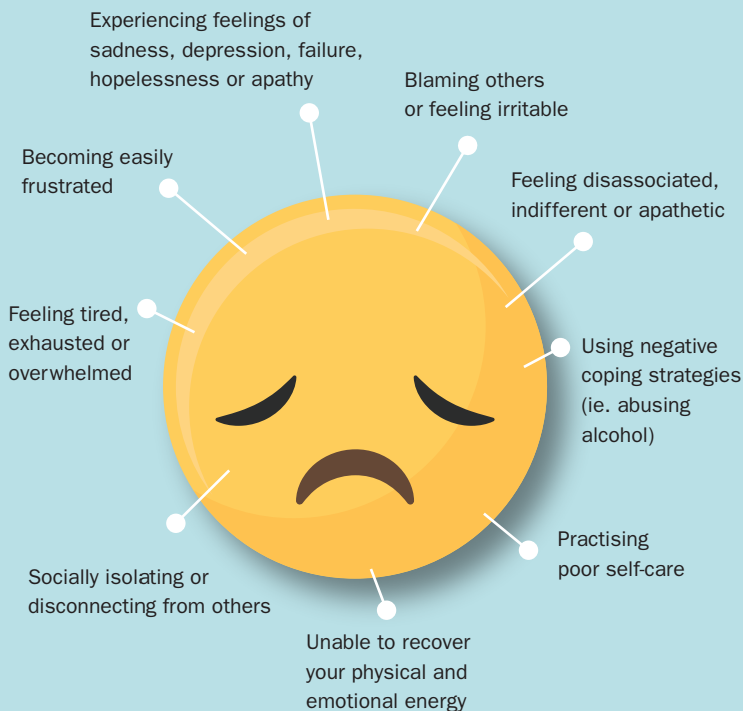


BC COLLEGE OF
FAMILY PHYSICIANS
The home of family medicine

Family physicians and other health professionals face unique challenges in response to the COVID-19 pandemic. It is important to stay mindful of your wellbeing and recognize when you are starting to feel burned out or overwhelmed. Please make time to care for yourself while you work so hard in caring for others.

If you or a loved one is struggling, contact the Physician Health Program 24-hour help line: 1-800-663-6729

SIGNS OF BURNOUT



PREVENTING & TREATING BURNOUT



- Prioritize your basic needs – create a routine that commits you to eating, hydrating and sleeping regularly.
- Take deliberate breaks – schedule time to stretch, get fresh air and be mindful throughout the day.
- Stay connected – take time to chat with your colleagues, family and friends through video and phone calls or online chat apps.
- Limit your media exposure.
- Avoid negative coping strategies such as excessive intake of caffeine, sugar, alcohol or drugs.
- Perform body scans throughout the day – monitor for tense muscles, shallow breathing, a tight chest or an increased heart rate. Take a deep breath.
- Develop a buddy system for daily check-ins.
- Respect differences – some people need to talk while others need to be alone; recognize these differences in yourself, your patients and your colleagues.

FIND JOY WITH A “TREASURE HUNT”

(adapted from <https://www.thehappynd.com/blog/bid/290398/physician-burnout-3-signs-and-3-simple-prevention-steps>)



1. Ask yourself “What is one thing I love about what I do?” – think back over the last month and recall something that made you smile and reconnected you with what you love about family medicine. Write it down.
2. The next work day, set an intention to experience that feeling again. Write or say aloud, “Today I am going to look for a way to experience (what you love).”
3. Hold this intention and see how it feels.