



**VA Boston Healthcare System
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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
4. SIR model of stress
 - Situation
 - Interpretation
 - Response
5. Five-step problem solving model of stress management
 - Define problem
 - Determine goal
 - Develop solutions
 - Implement plan
 - Analyze results
6. 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
7. Practice breathing exercises and desk stretches
 8. Avoid the 4 false fixes
 - Sweets
 - Alcohol
 - Caffeine
 - Tobacco
 9. 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>