reach for resilience

Helpline for ND Healthcare Workers

701-365-4920

In a crisis? Call the National Suicide Prevention Lifeline 1-800-273-8255

Could you be <u>burned out</u>?



Do you identify with one of these?

exhaustion

A chronic state of physical and emotional depletion; lack of energy

"I'm so tired"

Take a break

Get appropriate sleep

Exercise

inefficacy

A lack of satisfaction with one's abilities or accomplishments; diminished sense of self

"I am useless"

Express gratitude Enhance feelings of support Complete acts of kindness

"What's the point?"

cynicism

An indifferent or

distant attitude

towards work:

feelings of alienation

Find connectedness in the community and workplace Be kind to others



Maslach Burnout Self-Test

SANF (Contraction of the second secon

HEALTH

Scan to learn more + find out what kind of burnout you are



Dr. Maslach speaks about burnout

SANF SRD

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Behavioral Health

HUMAN SERVICES