



A priority topic but generally under-explored.

A QUICK GUIDE TO BEATING BURNOUT

BUILD AND SUSTAIN

Resilience is the ability of a system to cope with change.

“My ability to adapt to life’s tasks in a healthy constructive manner is a measure of my resilience, so that I am bouncing back stronger than the state that I was in when I was stressed out.”

— Dr. Jernigan



Move for your Mind A healthy brain minimally requires 153 minutes of activity¹ over the course of a week.



Sleep Off Stress Pay attention to unexplained changes in sleeping patterns.



A Resilient Diet Limit junk food.

These are ways that I plan to strengthen my resilience this week:



1 – Diamond, Dan. 2015. Beyond Resilience: Trench-Tested Tools to Thrive Under Pressure. 2015. NogginStorm, LLC.

POSITIVE MOTIVATION AND ENERGY

Motivation is energy that we direct toward what we perceive as a need. The right amount of stress actually keeps us motivated and more energetic. Too much stress has the opposite effect and negatively impacts cognition and reasoning, breaks down our immune system, messes up our memory and robs us of motivation. Lack of motivation is an early sign of burnout.



Balance stretching experiences with nourishing ones.



Eliminate the constant sense of pressure.



Learn to process.

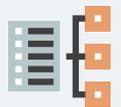
These are ways that I plan to nourish myself:

□

CHANGING UNHELPFUL HABITS

You have to break an old habit in order to make room for a new habit. Identify a new idea you want to adopt and begin to change with any of the following suggested activities. By engaging the five senses and both hemispheres of your brain, you are remodeling your conviction about the current habit.

- ▶ Write out the new idea on a card and post it on your mirror.
- ▶ Read it out loud each morning.
- ▶ Scan the internet for short articles related to this new idea and read one each day.
- ▶ Ask someone a catalytic question about this idea and interact over their opinion.
- ▶ Journal your thoughts and reactions to these steps, and read your entries out loud to yourself.
- ▶ Find a single word that represents this idea the best and create a list of synonyms.
- ▶ Be creative, sing the list to yourself (or not).
- ▶ Draw a logic tree: if this idea is true, than the implication is
- ▶ Begin to take the new idea for a test drive by adding a new exercise and extending your routine by ten minutes.



I plan to make change in this area of my life by doing these things:

□

MEDICAL IMPORTANCE



Brain healthy foods come in a variety of colors so eat a rainbow.



Move every day.

This is a way I plan to move more and nourish my body with healthy nutrition:

BURNOUT BUSTER MINDSET

Changes in behavior originate in changes in our thinking.

Use this checklist to determine if your mindset is mostly positive or negative. If our mindset is negative most of the time, our attitude toward ourselves and the world we live in will be largely pessimistic, critical and resigned. But if our outlook is generally positive most of the time, our attitude will be largely optimistic, open and hopeful.

NEGATIVE MINDSET

- Decreased motivation
- Sense of withdrawal and isolation
- Avoidance in life and relationships
- Strive for emotional survival
- Narrow range of thoughts and actions
- Little hope or imagination
- Does not profit from experience
- Prone to anxiety and depression
- Copes by pursuing pleasure or avoiding pain

✓ Check if the mindset describes you most of the time.

POSITIVE MINDSET

- Increased motivation
- Deeper sense of meaning and purpose
- Engagement with life and people
- Strive for our potential
- Broad range of thoughts and actions
- More thoughtful about possibilities
- Constantly risking and learning
- Little anxiety or depression
- Copes by pursuing meaningful work & relationships

✓ Check if the mindset describes you most of the time.

This is a way that I plan to strengthen my mindset:

WELCOA RESOURCES

BLOG Burnout Blitz by Dr. Jeff Jernigan
READ NOW: welcoa.org/blog/burnout-blitz

TOOLKIT Mental Health at the Workplace by WELCOA
READ NOW: welcoa.org/mental-health-at-the-workplace

EXPERT INTERVIEW The Under-Explored, High-Stakes Reality of Stress and Burnout at the Workplace
An Expert Interview with Dr. Jeff Jernigan
READ NOW: URL TO COME

WELCOA BOOKS



A Good Night's Sleep
by Brian Luke Seaward, PhD
SHOP NOW: welcoa.org/store/product/a-good-nights-sleep



Stop Stress This Minute
by James Porter
SHOP NOW: welcoa.org/store/product/stop-stress-this-minute



The Road To Wellness
by Brian Luke Seaward, PhD
SHOP NOW: welcoa.org/store/product/the-road-to-wellness

WELCOA BROCHURES



A to Z: Developing Good Sleep Habits
SHOP NOW: welcoa.org/store/product/br104



How to Handle Stress at Work
SHOP NOW: welcoa.org/store/product/br31



Coping with Stress
SHOP NOW: welcoa.org/store/product/br51



Stress Less
SHOP NOW: welcoa.org/store/product/br109



Depression: It's More Than The Blues
SHOP NOW: welcoa.org/store/product/br38

ABOUT DR. JEFF JERNIGAN

Dr. Jernigan is a Board Certified Clinical Psychologist and Chief Executive Officer for the Hidden Value Group, a network organization providing healing, health, and hope internationally in places needing relief from poverty, hunger, and disease. He also serves as the Clinical Director for Full Circle Recovery, a mental health hospital and addiction recovery center providing inpatient and outpatient services. Jeff is a published author and nationally recognized thought leader regarding physician burnout and first-responder recovery. Jeff and his wife, Dr. Nancy Jernigan, have designed resilience programs serving more than 20,000 healthcare professionals and their families worldwide. For more information about Dr. Jernigan go to: www.hiddenvaluegroup.com