Format for Breakouts

1. (25m) Framing the Challenges (Katie/Ginny)
2. (30m) Peer Consultations (Briana)
3. (9m) Key Takeaways and Golden Nuggets Shared (Katie/Ginny)
STRESS

- Overengagement
- Reactive or overreactive emotions
- Sense of urgency or hyperactivity
- Lost or diminished energy
- Leads to anxiety
- Physically tolling

VS.

BURNOUT

- Disengagement
- Blunted or distant emotions
- Sense of helplessness
- Motivation is lost or diminished
- Leads to feeling depressed
- Emotionally tolling
Prevention of Burnout

• Boundaries – what are they?
• How to disconnect? Is this a skill?
• Learning to say no
• Asking for help
• Self-care – what does that mean?
• Self-neglect?
• Healthy complaining and venting?
Peer Consultation

1. (10m) Volunteer shares their challenge; network asks questions; Volunteer turns off camera
2. (15m) Network shares their own experiences; makes suggestions
3. (3m) Volunteer turns camera back on and shares reflections
Pearls

• *We are good at our jobs because we care.*
• Resourcing your team as a way of limiting burnout – humility is essential.
• Trust each other. Listen. Make room for authentic grief/loss. Share the care of patients.
• Healthy professional and personal boundaries.