

| 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?

I 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.