

BURNOUT

IS PHYSICAL AND
EMOTIONAL EXHAUSTION
DUE TO PROLONGED
STRESS

SYMPTOMS INCLUDE:
FATIGUE
LOSS OF MOTIVATION
ANXIETY
DEPRESSION
ANGER
PESSIMISM
ISOLATION

TIPS TO REDUCE BURNOUT:
ASK FOR HELP
EXERCISE
REST
PRACTICE GRATITUDE
TAKE TIME OFF
SPEND TIME WITH FAMILY

ORLANDO
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Physician Wellness and
Resilience Program