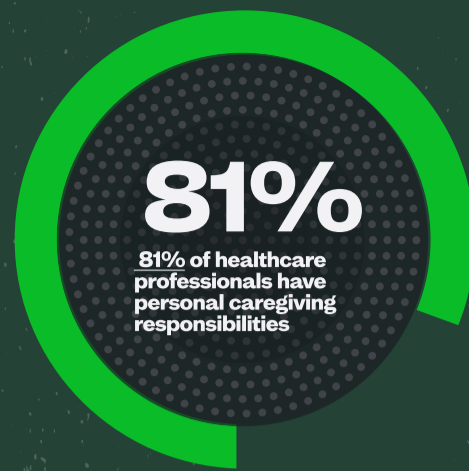


# How to **move beyond** burnout

Burnout is a chronic stress condition that stems from inadequate support, escalating workloads, and being unable to provide patients with the care they need. Here's how to start moving beyond it.



## Set boundaries

- Take time off when you need it.
- Take your breaks at work.
- Find time for yourself each day.
- Tell community leaders what you need, if you're comfortable doing so.



## Commit to self-care

- Schedule micro-breaks throughout your shift.
- Do something purely for fun.
- Go tech-free for at least a few minutes a day.

## Ask for help

- See if family or friends can assist with personal caregiving duties, or hire someone if possible.
- Make sure administrators know about workforce shortages.
- Ask teammates to assist at work.

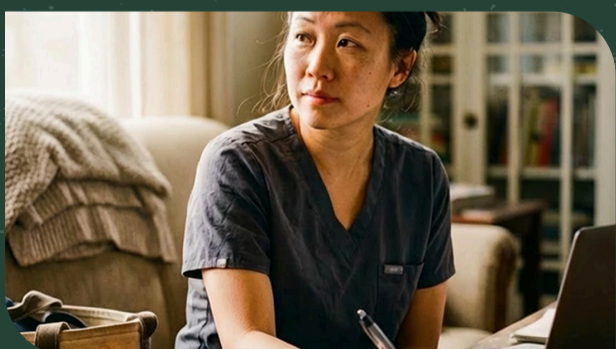


## Plan ahead

- Make sure you have easy access to food and water during your shift.
- Organize your daily duties.
- Find a place where you can take uninterrupted breaks.

## Prioritize mental health

- Hire a therapist.
- Join a support group.
- Start a daily mindfulness practice.
- Spend time in nature.



## Refresh your skills

- Follow trusted nurse/caregiver blogs and social media accounts.
- Join a nurse association.
- Attend workshops or online training.

