Burnout in Healthcare:
Know the Signs Before It's Too Late

What is Burnout?

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. In healthcare, it often includes:

- **Emotional exhaustion** - feeling drained and depleted
- **Depersonalization** - becoming detached or cynical toward patients
- **Reduced personal accomplishmen**t - feeling ineffective or unmotivated

Common Warning Signs:

- Constant fatigue, even after rest
- Irritability or mood swings
- Difficulty sleeping or frequent insomnia
- Lack of motivation or feeling "numb" at work
- Feeling overwhelmed or hopeless

Why It Matters:

Burnout affects more than just the worker - it can lead to mistakes, poor patient care, and long-term health issues. It's also a major reason healthcare workers leave the profession. Recognizing the signs early can help prevent serious consequences.

Did You Know?

- Over 50% of healthcare workers report symptoms of burnout
- Nurses, physicians, and support staff are all at risk
- Burnout is now recognized by the World Health Organization as an occupational phenomenon

You Are Not Alone

If you're feeling burnt out, support is available. Prioritizing your health is not a weakness - it's essential.

Contact Us
999-999-9999
EndHealthcareBurnout.com

Take Care of Yourself: Strategies to Prevent Burnout

Simple self-care tips

- Prioritize getting 7–8 hours of quality sleep every night
- Set clear boundaries between work and personal time
- Practice mindfulness or deep breathing exercises daily
- Take regular breaks during your shifts to recharge

The Power of Social Support:

- Connect with trusted peers and share your experiences
- Seek counseling or mental health services when needed
- Communicate openly with supervisors about workload and stress

It's Not Just on You: Organizational Support Matters

- Advocate for safe staffing levels and manageable workloads
- Encourage your workplace to offer employee wellness programs
- Support policies that promote mental health and prevent burnout

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Support Our Healthcare Heroes:

Together We Can Combat Burnout

What is Burnout and Why It Matters

Burnout affects healthcare workers emotionally, physically, and mentally. It leads to exhaustion, reduced quality of care, and high turnover. When healthcare workers struggle, everyone's health is impacted.
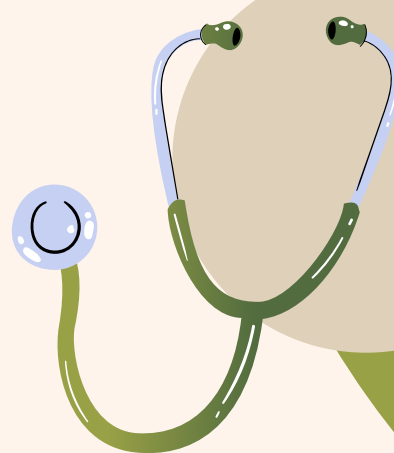
How You Can Help:

- Advocate for safer staffing levels and fair workloads
- Support mental health and wellness programs in healthcare settings
- Recognize and appreciate the hard work and sacrifices of healthcare workers
- Offer community support through volunteer work or donations to healthcare charities

Calling Healthcare Organizations:

Investing in employee wellness and mental health resources is essential. Strong support systems create healthier workers and better patient outcomes.

Join the Movement:

Share this flyer. Raise awareness. Contact your local representatives to demand policies that protect healthcare workers from burnout.

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