

Recharge & Restore: Burnout Prevention for Healthcare Workers

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INTRODUCTION

- Burnout is one of the biggest challenges facing healthcare workers today.
- This program is designed for frontline healthcare workers in Columbus, Ohio – nurses, medical assistants, and support staff.
- Our goal: provide practical strategies, resources, and peer support to manage stress and build resilience.

WEEK 1 LESSON

- Objectives:
 - Define burnout & causes in healthcare
 - List 4+ symptoms
 - Complete self-assessment
- Activities:
 - Group discussion: “What burnout looks like in our work”
 - Short Burnout Inventory self-assessment
 - Small group sharing & reflection
- Materials: PowerPoint slides, printed self-assessment, resource handouts

WHAT IS BURNOUT?

WHO Definition Since 2019: A syndrome resulting from chronic workplace stress that has not been successfully managed.



**World Health
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Key components:

1. Emotional exhaustion – feeling drained and depleted
2. Depersonalization – becoming detached or cynical toward patients
3. Reduced personal accomplishment – feeling ineffective or unmotivated

Common Causes in Healthcare: Long shifts, chronic understaffing, emotional toll, excessive paperwork, limited access to mental health support

ACTIVITY #1 GROUP DISCUSSION

“What does burnout look like in your role or workplace?”



WARNING SIGNS & SYMPTOMS

- Constant fatigue, even after rest
- Irritability or mood swings
- Difficulty sleeping / insomnia
- Lack of motivation or emotional “numbness”
- Feeling overwhelmed or hopeless



BURNOUT SELF-ASSESSMENT

Instructions:

Read each statement and rate how often you have felt this way in the past month. Circle the number that best describes your experience.

Scale:

0 – Never

1 – Rarely

2 – Sometimes

3 – Often

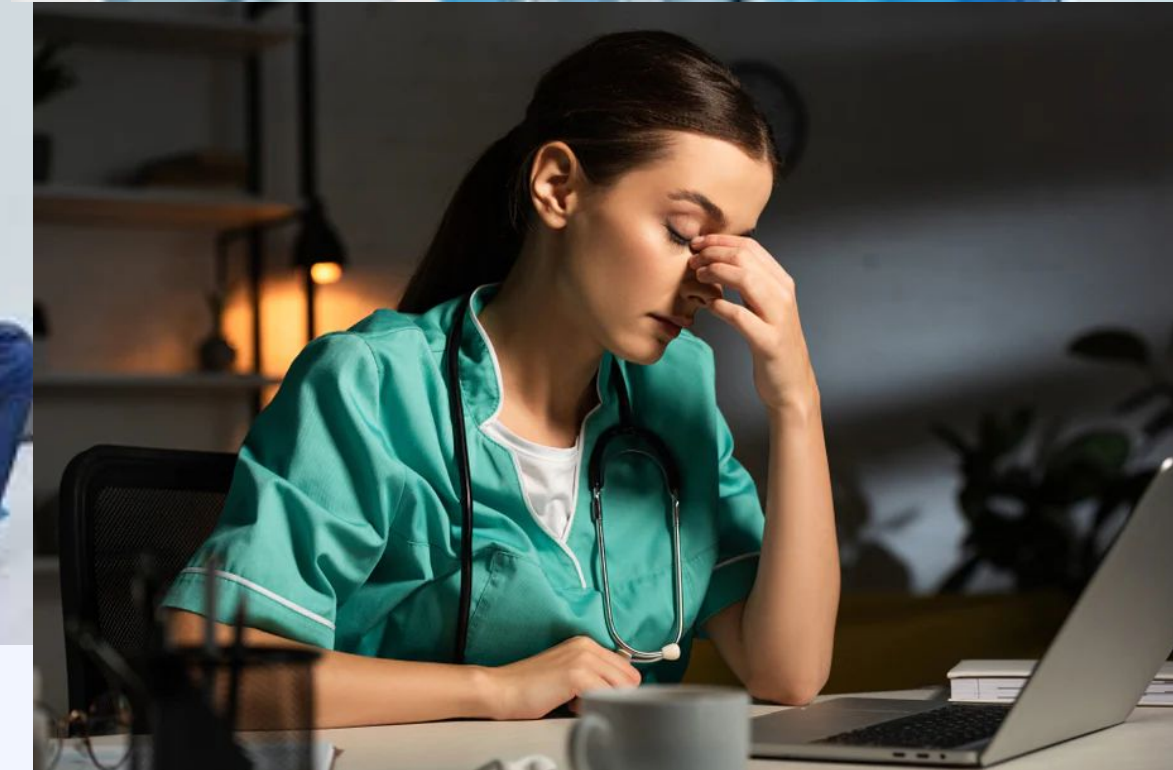
4 – Always



SMALL GROUP SHARING

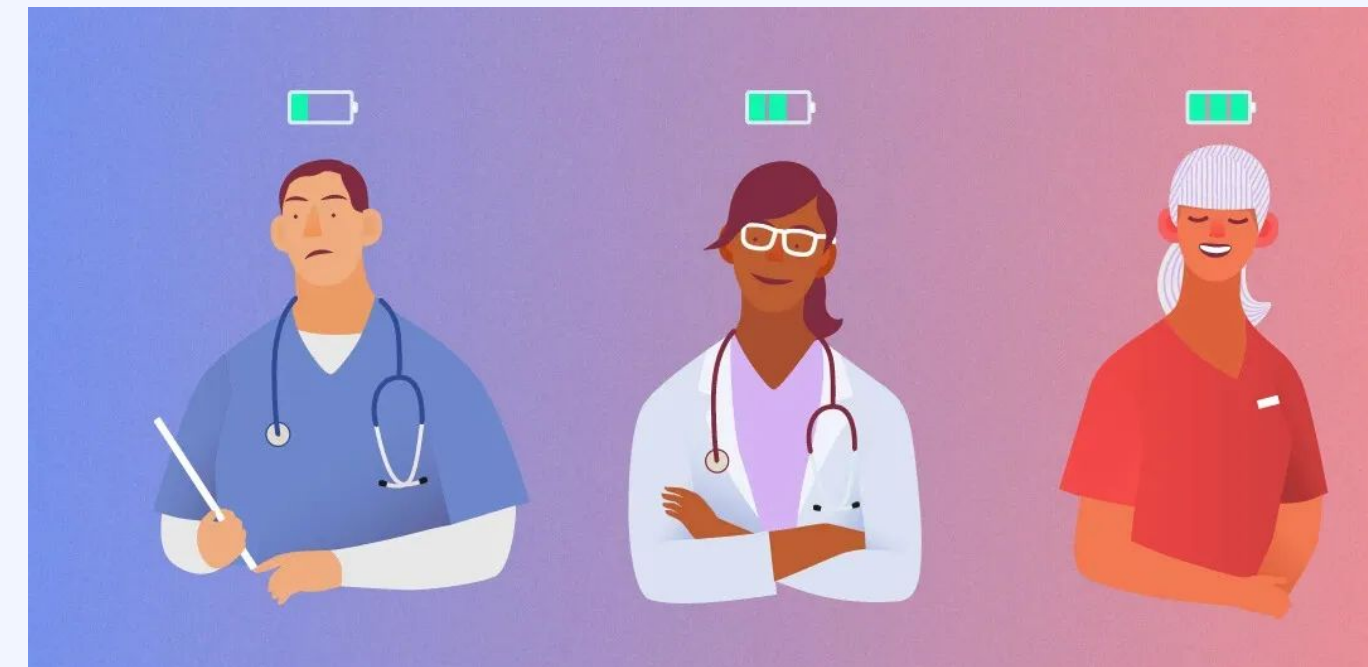
“What stood out to you from your self-assessment results?”

- Share one thing that surprised you from your results
- Discuss any symptoms that feel most familiar
- No pressure to share scores — focus on experiences



WRAP-UP & RESOURCES

- Key resources:
 - Ohio Physicians Health Program
 - Ohio MHAS Careline: 1-800-720-9616
 - Dr. Lorna Breen Heroes' Foundation
 - Headspace for Healthcare Professionals



Next step: Track stress levels before the next session

THANK YOU!

TAKING CARE OF HEALTHCARE WORKERS IS ESSENTIAL FOR A HEALTHY COMMUNITY. IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH BURNOUT, DON'T WAIT TO REACH OUT.

Need Help?

Contact Us

999-999-9999

EndHealthcareBurnout.com