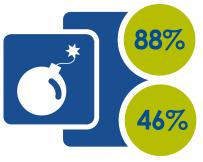
### PHYSICIAN STRESS AND BURNOUT



### **ON THE RISE**

# THE PREVALENCE OF PHYSICIAN STRESS AND BURNOUT IS ALARMING!\*



moderately to severely stressed

severely stressed

#### **ARE YOU AT RISK?**

7

#### **BURNOUT RISK INDICATORS**

- 1. You have a high tolerance to stress.
- 2. Your practice is exceptionally chaotic.
- 3. You don't agree with your boss' values or leadership.
- 4. You're the emotional buffer.
- 5. Your job constantly interferes with family events.
- 6. You lack control over your work schedule and free time.
- 7. You don't take care of yourself.

## WHAT CAN YOU DO?

**Be Aware** 

Stay aware of contributing factors.

Ignoring the problem won't fix it.

**2** Be Social

Develop a support system.

- Colleagues
- Family
- Social Networks

3 Get Help

Utilize your Resources.

- Peer Coaching
- Concierge Services
- Counseling



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