

# PHYSICIAN STRESS AND BURNOUT

## ON THE RISE



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



## 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?

**1**

### 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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\*Data from 2015 Physician Stress and Burnout Survey.  
For a list of resources and a complete copy of the report, visit our website at [info.VITALWorkLife.com/Stress](http://info.VITALWorkLife.com/Stress)  
\*\*Mark Linzer, MD, [www.ama-assn.org/ama/pub/ama-wire/ama-wire/post/beat-burnout-7-signs-physicians-should/](http://www.ama-assn.org/ama/pub/ama-wire/ama-wire/post/beat-burnout-7-signs-physicians-should/)