

Burnout Isn't Just Exhaustion. Manage Your Burnout with These Strategies:

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Prioritize Health and Self Care

- Partake in physical activity for 30 mins/day (1)
 - Take walks during breaks
 - Schedule a dedicated workout time
- Get 7-9 hours of sleep (1)
- Take time off to reset and do something you enjoy



Develop Strong Interpersonal Relationships

Solid relationships play a crucial role in battling burnout (2):

- Talk to someone about your emotional distress (3)
- Connect with others to engage in activities and hobbies (2)

Seek Out Regular Therapy or Assistant Programs

- Take advantage of professional services and resources offered by your workplace and professional association
 - CDHA "Member & Family Assistance Program" (4)



Set Boundaries Between Work and Personal Life

- Leave work at work! Focus on the time spent at home with family, friends and doing activities you enjoy. (2)



Source:

1. Government of Canada [Internet]. [Place unknown]: Government of Canada / Gouvernement du Canada. Promoting positive mental health; 2022 [updated 2022 Aug 12; cited 2022 Oct 01]. Available from: <https://tinyurl.com/4d4kf6aj>
2. De Hert S. Burnout in Healthcare Workers: Prevalence, Impact and Preventative Strategies. Local Reg Anesth. 2020 Oct 28;13:171-183. doi: 10.2147/LRAS240564. PMID: 33149664; PMCID: PMC7604257.
3. Kaple T. Top tips from nurses on dealing with burnout [Internet]. [Place unknown]: Nurse Journal. 2022 Mar 03 [updated 2022 Aug 29; cited 2022 Oct 01]. Available from: <https://tinyurl.com/2unm7tt2>
4. Canadian Dental Hygienists Association [Internet]. [Place unknown]: Canadian Dental Hygienists Association. Member and Family Assistance Program; 2018 Dec [cited 2022 Oct 1]. Available from: <https://tinyurl.com/3hx6u95h>