**BURNOUT & COMPASSION FATIGUE: STRATEGIES TO PROMOTE RESILIENCE**

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Burnout and compassion fatigue are occupational hazards, particularly in healthcare.

### Support your mental health
- Accept your feelings (Example: “I am stressed and that is understandable”)
- Engage in self-care
- Maintain social relationships
- Monitor media intake
- Live within your means and try to maintain safety
- Redistribute responsibilities when possible (e.g., ask family, friends, and coworkers for help)
- Ask for help and emotional support

### Focus on what is in your control

#### Use the Cognitive-Behavioral Triangle

- Intrusive thoughts and negative feelings (such as worry) can be normal!
- **Cognitive restructuring** can help:
  - Monitor your thoughts
  - Gently challenge thoughts
  - Cue relaxation/observation via posture and breath, rather than tense/guarded

### Engage in self-care
- Involves activities to take care of our mental, physical, and/or emotional health
- Identify areas which you are active
- Identify areas that are ignored
- Start small – choose one activity to focus on for the next week. Examples:
  - Social support – call/text a friend
  - Exercise – take the stairs instead of the elevator
  - Healthy eating
  - “Me time” – take time to read
- Set a SMART goal:
  - Specific
  - Measurable
  - Actionable
  - Relevant
  - Timely

### Be mindful
- Active, open attention to the present
- Observe your thoughts and feelings without judgment
- Breathe deeply
- Engage in mindfulness exercises*

### Try relaxation training
- Diaphragmatic/“belly” breathing*
- Progressive muscle relaxation*
- Guided imagery*

*There are lots of great, free apps to help learn and practice these skills

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