



Burnout at Work: A Threat to Our Organizations

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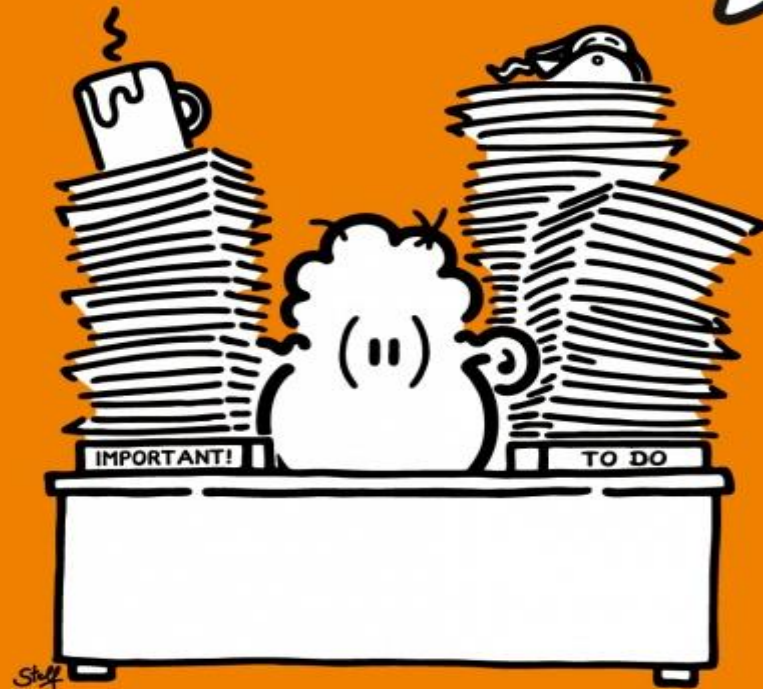


A Little About Me

Agenda for Tonight

- Introductions
- Talk About Burnout – What is it really?
- Leadership Strategies to Assess, Respond to, and Prevent Burnout
- Hear from You All Throughout!
- Q & A

**I'm too
busy for a
burnout!**



What is Burnout?



**World Health
Organization**

- Burnout is now defined as a “workplace phenomena” and is characterized by three dimensions:
 - Feelings of energy depletion or exhaustion
 - Increased mental distance from one’s job or feelings of negativism or cynicism related to one’s job
 - Reduced professional efficacy

I wish people knew that my
mental health is so physical too:





A Path Forward



**Prioritize
Burnout**



**Give Employees
Opportunities to
Provide Feedback**



**Assess Burnout
Rates**



**Involve
Employees in
Planning**



**Pilot strategies
with individual
departments**



**Scale Successful
Strategies**

Helping the Helpers



- **The Living Room**
- **TheLivingRoomTLH.org**
- **Helping the Helpers on Facebook and Instagram**

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Questions and Discussion

