

FREE WELLNESS GUIDE



# HEALING HEALERS

## A GUIDE TO OVERCOMING BURNOUT

Created by Sugahgee





# Introduction

Welcome Colleagues!

Isn't It Time to Prioritize  
You??

This Comprehensive Guide  
Will:

- Boost Your Knowledge  
of Burnout
- Help You Identify if You  
are Burned out (and how  
Much) AND
- Teach you what to do  
about it!







# Understanding Burnout

As per the World Health Organization (WHO) defines burnout in the ICD-11 as an occupational phenomenon resulting from chronic workplace stress that has not been successfully managed<sup>1</sup>.

There are 3 types:

- ✗ **Emotional Exhaustion:** A feeling of emotional exhaustion, even after rest. Sometimes a sense of numbness towards things that would otherwise illicit an emotional response. This includes lack of energy, feeling overwhelmed, and a sense of dread going into work.
- ✗ **Depersonalization:** Feelings of detachment or cynicism towards patients, coworkers, or the job in general. This often leads to a sense of alienation and decreases the ability to care for others or connect emotionally.
- ✗ **Reduced Personal Accomplishment:** A feeling of not making a difference. This can also show up in feelings of incompetence or lack of satisfaction/ fulfilment on the job



## QUIZ

# SO, ARE YOU BURNED OUT?

1. HOW OFTEN DO YOU FEEL PHYSICALLY, MENTALLY, AND/OR EMOTIONALLY EXHAUSTED AFTER A SHIFT?

2. DO YOU FEEL DETACHED OR LESS EMPATHETIC TOWARDS PATIENTS?

3. HOW OFTEN ARE YOU OVERWHELMED BY YOUR WORKLOAD?

4. DO YOU STRUGGLE TO BALANCE PERSONAL LIFE AND WORK DEMANDS?

5. HOW FREQUENTLY DO YOU HAVE ANXIETY BEFORE WORK?

6. HOW OFTEN DO YOU FEEL LIKE NURSING KEEPS YOU FROM INVESTING IN YOUR HEALTH AND WELLNESS?

### SCORING:

Mostly Yes: High risk of burnout.

Mostly No: Low risk of burnout.

Mix: Moderate risk of burnout.







# BUSTING MYTHS ABOUT SPIRITUALITY & WELLNESS

## **Myth 1: Spirituality/ Mindfulness is not Evidence-Based:**

Extensive evidence supports the mental and physical benefits of mindfulness practices like meditation and breath-work. Meditation, in particular, effectively reduces stress by 'training your attention to achieve a mental state of calm'.<sup>2</sup>

## **Myth 2: Only Western Methods of Health are Valid:**

Countless health systems predate Western medicine, like Indigenous practices, Traditional Chinese Medicine (TCM), and Ayurveda. Many improve health with minimal or no reliance on pharmaceuticals, which is a stark contrast to modern Western approaches.



# 3 Practical Strategies You Can Start NOW

**Breathwork:** Every time you grab your chart to do your documentation, take 3 deep breaths – this will automatically move your body from stress mode to relax mode.

**Break-Time:** Whenever possible, take your break outside. If not, leave the department completely. Walk to a coffee shop, go down to the cafeteria.

**Listening to Spiritual Teachers:** Instead of scrolling on social media, listen to podcast about health and wellness. This will take your brain from work mode, to self-reflection mode.







# I CAN HELP



ARE THE DEMANDS OF NURSING  
BURNING YOU OUT?

AS A NURSE, I GET IT!

EMAIL ME FOR A FREE CALL  
SO WE CAN CREATE TOOLS  
YOU CAN USE IN AND OUT OF THE  
HOSPITAL

Sugahgee Nurse Mindset Coach

[info@shiftintohealth.ca](mailto:info@shiftintohealth.ca)

Website: [www.shiftintohealth.ca](http://www.shiftintohealth.ca)

Instagram: @shiftintohealth

Tiktok: @shiftintohealth



# RESOURCES

1. WORLD HEALTH ORGANIZATION (WHO): DEFINES BURNOUT IN THE ICD-11 AS AN OCCUPATIONAL PHENOMENON RESULTING FROM CHRONIC WORKPLACE STRESS THAT HAS NOT BEEN SUCCESSFULLY MANAGED (NURSE JOURNAL)

2. AMERICAN PSYCHOLOGICAL ASSOCIATION. (2022, APRIL). MINDFULNESS MEDITATION: WHAT YOU NEED TO KNOW. [HTTPS://WWW.APA.ORG/TOPICS/MINDFULNESS/MEDITATION](https://www.apa.org/topics/mindfulness/meditation)