

Nurse burnout.

Care Team Solutions

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What is Burnout?

Burnout is caused by unmanaged, chronic workplace stress. It can occur in any job or sector and results in the following symptoms:

- Mental and physical exhaustion
- Mental distance from the job
- Cynicism about the job
- Reduced efficacy in the workplace



Signs of Nurse Burnout

- You feel constantly overworked
- You always feel exhausted
- You dread going to work
- Insensitivity and feelings of detachment
- You have overwhelming anxiety
- You're always getting sick

How to Prevent Nurse Burnout

It is possible to prevent burnout before it occurs - and to treat it right away when it happens.

Rest: Getting enough sleep between shifts is crucial for nurses. If your current schedule won't allow you to get enough sleep, talk to your supervisor or whoever plans the shift schedule.

Ask for help: It's important to have a supportive team at work who you can discuss issues with and vent your frustrations to. It is also crucial to seek professional help if you are experiencing excessive anxiety or feelings of hopelessness or depression.

Healthy coping methods: One of the best ways to manage stress is to practice healthy coping skills. Things like exercising (physical activity has proven stress-alleviating effects), journaling, and a post-work relaxation routine can make a big difference.

Eat well: Make sure you're getting enough to eat before and during shifts and that the food is healthy. It's easy to get caught up in patient care and skip meals or eat junk food to save time. Taking the time to buy or prep nutritious meals can help you stay focused and perform your best.

Take a break: Disconnecting from work once in a while can help prevent burnout. Use your vacation time or take a little time off between travel assignments.

Change things up: A change of scenery can help. Consider a change in specialty, a new unit, or maybe taking a travel assignment.