



# BURNOUT IN HEALTHCARE WORKERS

## Symptoms of burnout

- Physical and mental exhaustion
- Lowered immunity and falling sick more often
- Frequent headaches, back pain, or muscle aches
- Change in eating or sleeping habits
- Feeling impending dread about work
- Cynicism, anger, and irritability
- Feeling helpless, trapped, or defeated
- Taking a longer time or more energy to get things done

## Tips to fight burnout

- ✓ Exercise regularly
- ✓ Eat well
- ✓ Sleep well
- ✓ Try self-reflection
- ✓ Carve out time for loved ones and hobbies
- ✓ Ask for help

# Health Care Worker Burnout What It Is What To Do About It

**Michael P. Leiter, Cary L. Cooper**



## **Health Care Worker Burnout What It Is What To Do About It:**

The Enigmatic Realm of **Health Care Worker Burnout What It Is What To Do About It**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Health Care Worker Burnout What It Is What To Do About It** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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