

STRENGTHENING RELATIONSHIPS: TO SELF AND OTHERS SAFETY SEGMENTS

According to Workplace Strategies for Mental Health, burnout is characterized by emotional exhaustion, cynicism, and ineffectiveness in the workplace, and by chronic negative responses to stressful workplace conditions.

While not considered a mental illness, burnout can be considered a mental health issue.

MENTAL HEALTH FOCUS: BURNOUT

DIRECTIONS

Click on this link to watch: "[Workplace Burnout](#)" and print out this assessment tool for the staff: "[Am I at Risk for Burnout](#)". After watching the video, discuss using the guide questions below and have each staff assess their risk for burnout using the tool. Once they are done, you can ask the staff to share their scores and what it means to them.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How did the staff relate to the video?
- What can you do at your site and at home to prevent burnout?
- What can you do to help each other to prevent or recognize burnout?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experience or opinion without fear of reprisal.
- Review the [Burnout Response for Leaders](#) before the discussion to create more meaningful conversations.

