

# **STRATEGIES FOR A HEALTHY WORK-LIFE BALANCE IN VETERINARY MEDICINE**

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**ILLINOIS** **I**

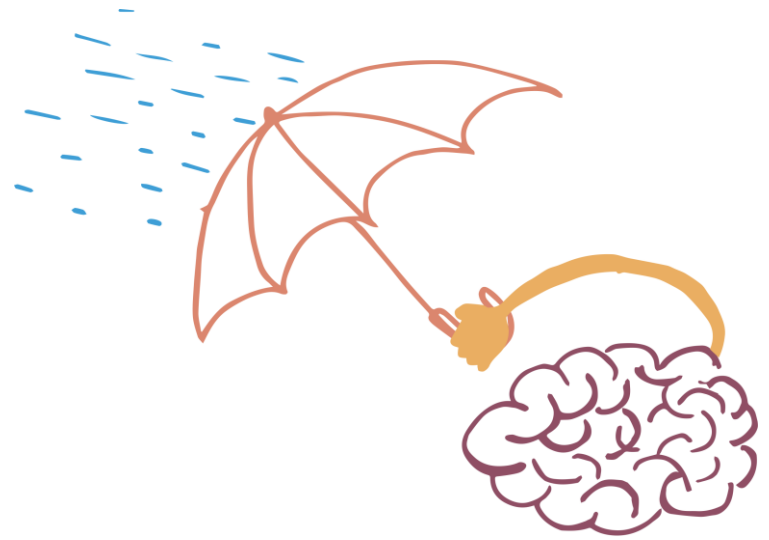
# BURNOUT

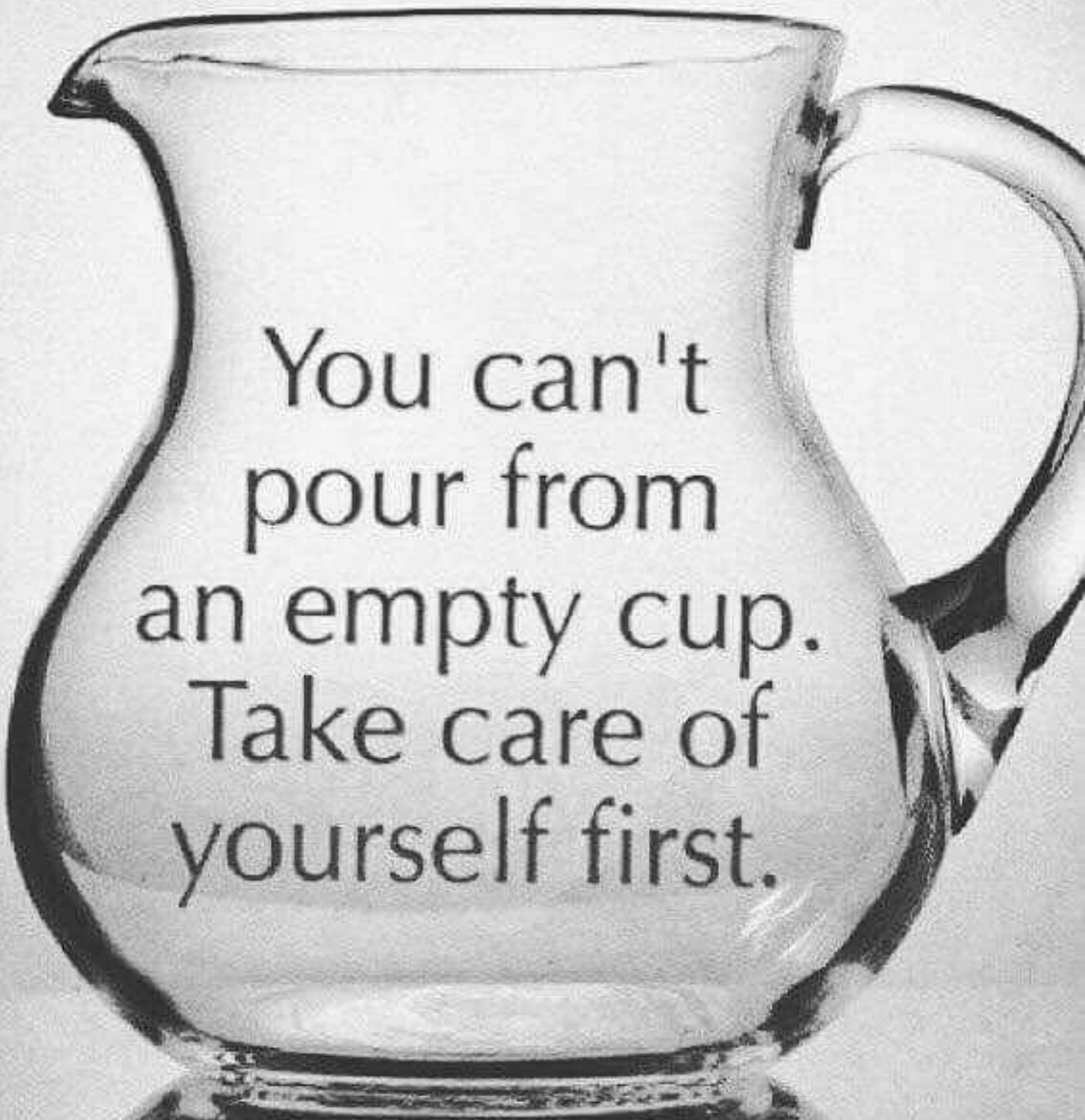
- **Three dimensions** (Aronsson et al., 2017)
  - Emotional exhaustion
  - Cynicism or depersonalization
  - Reduced personal accomplishment
- **Negative consequences** (Hayes, et al., 2020)
  - Decreased quality of patient care
  - Increased risk of medical errors
  - Increased work conflicts
  - Employee turnover



# PREVALENCE IN VETERINARY MEDICINE

- Highest rate of suicide
- **AVMA convention survey** (Lovell & Lee, 2013)
  - 85% - stress and burnout
  - 76% - lack of resources
- **Success**
  - Positive emotions
  - Responsive communications
  - Resilience

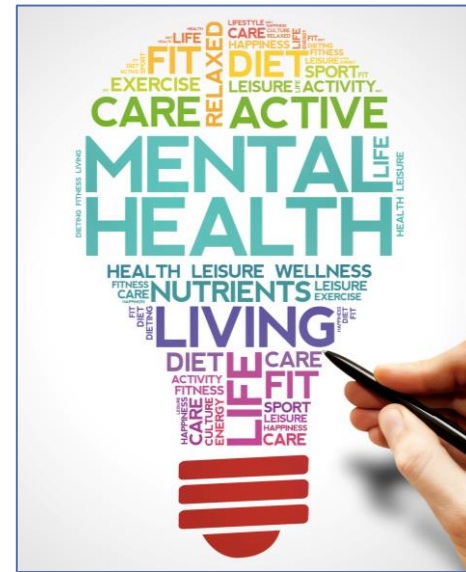


A clear glass pitcher with a handle and a spout, centered in the frame. The pitcher is empty and has the text "You can't pour from an empty cup. Take care of yourself first." printed on its front. The background is a light, textured surface. The image is framed by a blue triangle on the left and a yellow vertical bar on the right.


You can't  
pour from  
an empty cup.  
Take care of  
yourself first.

# THE ACT OF SELF-CARE

- Maintaining a healthy relationship with yourself
- Promotes well-being
- Reduces stress
- **YOU ARE A PRIORITY**



# GOALS & BENEFITS

- Enhance overall well-being
  - Maintaining effective self-awareness
  - Taking care of physical and psychological health
  - Managing and reducing stress
  - Awareness and care of emotional and spiritual needs
  - Taking care of relationships
  - Finding balance across personal, school, and work lives
- 

# TIPS FOR SELF-CARE

- Anything that makes you happy!
- Eat, drink, sleep
- Exercise
- Acts of mindfulness
- Read a book





# DIGGING DEEPER INTO SELF CARE

- Prioritize (this includes you)
- Say No or Yes more often – consider and respect your boundaries
- Resist holding onto work stress
- Take time off
- Seek professional help



# HOW TO HELP

- **Yourself**


- Create a self-care plan
- Talk to your friends and family
- Talk to your school/employer counselor


- **Colleagues**


- Check in
- Be an active listener
- Empathize
- Recognize resources





# 50 Ways to Take a Break


Take a Bath 


Light a candle 


Learn Something **NEW** 


Listen to a guided relaxation 


Take Deep Belly Breaths 


**WRITE** in a journal 


Walk Outside 


**SILENCE** Eat a meal 


Examine an everyday object with Fresh Eyes 


**COLOR** with Crayons 


Do some gentle stretches 


Listen to Music 


**REST** your legs up on a wall 


Read a Book 


Notice Your Body 


Go for a run 


Turn off all electronics 


Drive somewhere **NEW** 


Make some **MUSIC** 


Paint on a surface other than paper 


Take a Nap 


Go to a body of water 


Let out a sigh 


Call a Friend 


Buy Some Flowers 


Take a bike ride 


Go to a park 


Climb a Tree 


Write a quick poem 


Watch the clouds 


Go to a body of water 


Let out a sigh 


Call a Friend 


Buy Some Flowers 


Pet a furry creature 


Go to a Farmer's Market 


Let go of something 


Put on some music and **DANCE** 


Watch the stars 


Write a Letter 


2x Move twice as slowly 


Meander around Town 

Find a relaxing scent 

View some **ART** 

read or watch something **FUNNY** 

Engage in small acts of **KINDNESS** 

Give Thanks 

# **Thank you!**

**If you have any questions, feel free to ask  
at the end**



# REFERENCES

- Aronsson, G., Theorell, T., Grape, T. et al. (2017). A systematic review including meta-analysis of work environment and burnout symptoms. *BMC Public Health* 17(264). <https://doi.org/10.1186/s12889-017-4153-7>
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- Lovell, B. L., & Lee, R. T. (2013). Burnout and health promotion in veterinary medicine. *Can Vet J* 54(8). 790-791.