Burnout During Trying Times

Practical Applications

Please consider the following questions.

1. How would you define “burnout”?

2. Do you notice any warning signs for burnout? If so what are those?

3. Can you pinpoint one or two workers that you would really like to work with this on?

4. Are there any workers who DO NOT show signs of burnout but probably would be a candidate for it given caseload, case intensity, personal stress, etc? Can you think of what protective factors (personal and professional) they may have to avoid burnout?

5. Are there things you are already doing to prevent burnout? Are there things you have thought about that you would like to do?

6. Overall do you have a sense of how team members take care of themselves? Is this part of supervision/team meeting conversation?

7. What are your personal beliefs about the importance of self care and how do you practice self care?

8. Are there barriers to implementing changes to reduce burnout?

9. Once completed, are there ways to work around these barriers?

10. Do you feel these factors are present in your relationship?