

Strategies To Facilitate Overall Well-Being During Covid-19

- 1 Meet basic needs
- 2 Take breaks
- 3 Stay connected
- 4 Respect differences
- 5 Stay updated
- 6 Perform self check-ins
- 7 Honor your service

Resources available at:
Stay Well McLaren Virtual Site



References:

- 1 Maslach C. & Jackson S. *Journal of Organizational Behavior*, April 1981;
- 2 Shanafelt T., et al. *Ann Surg*, June 2010;
- 3 Shanafelt T. & Noseworthy J. *Mayo Clin Proc*, Jan 2017;
- 4 Bohman, B., et al. Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience. *NEJM Catalyst*. Aug 7, 2017.

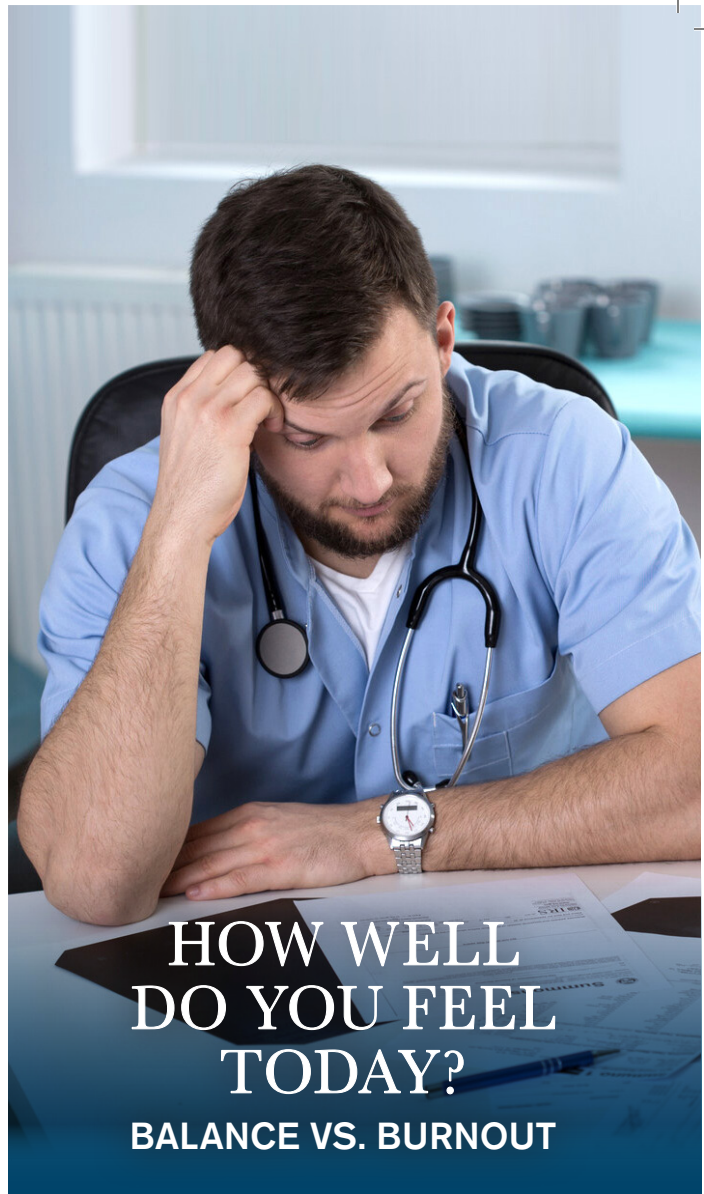


HEALTH CARE

DOING WHAT'S BEST.®

mclaren.org

MHCC-2800 (12.21)



HOW WELL
DO YOU FEEL
TODAY?

BALANCE VS. BURNOUT



HEALTH CARE

DOING WHAT'S BEST.®

mclaren.org

It does not matter whether you are new to the profession or a veteran health care worker. Burnout can strike at any time and have a devastating effect on your physical and mental health. Now, is the time to take charge of your well-being. This pamphlet contains resources to help you take steps toward wellness.

BALANCE VS. BURNOUT

While working in health care comes with many rewards, it is not without its stressors. Long working hours and double shifts can lead to mental and physical exhaustion. Furthermore, odd hours from shift work can interrupt the normal sleep cycle and understaffing can overload the team. Nevertheless, health care workers are still expected to always perform at our best.

Your role in healthcare is invaluable to McLaren and the community that you serve. Yet, feelings of emotional exhaustion, depersonalization, and a decreased sense of personal accomplishment can lead to decreased effectiveness at work.¹

Burnout Affects Patient Care

- Burnout influences quality of care, patient safety, and patient satisfaction.²

Burnout Impacts the Workforce

- Burnout has been linked to increased turnover and early retirement among health care workers.³

Burnout Influences Workers' Mental Health

- Burnout has been associated with depression and suicide.⁴

As a McLaren employee, the following resources are available to support your health and well-being.

1. **Emotional Support Line:**
(810) 342-2528
2. **One-to-one ongoing behavioral health support:**
Employee Assistance Program:
(844) 449-6539 or
<https://guidanceresources.com>.

IF YOU ARE IN CRISIS, PLEASE USE ONE OF THE FOLLOWING RESOURCES:

- **National Suicide Prevention Hotline**
1-800-273-8255 (Available 24 hours.
Languages: English and español.)
- **Michigan Department of Health and Human Services Hotline**
1-888-733-7753 (Peer-support available
7 days a week from 10am to 2am.
Language: English)
- **SAMHSA's Disaster Distress Helpline**
Toll-Free: 1-800-985-5990
(Available 24 hours.
Languages: English and español.)
SMS: Text TalkWithUs to 66746
or SMS (español): "Hablanos" al 66746
TTY for deaf/hearing impaired:
1-800-846-8517

