

HELPING THE HELPERS:

TAKING ACTION TO PREVENT BURNOUT & BUILD RESILIENCE



Prioritize You...

Burnout is a serious concern for mental health care workers not only for their own mental health, but because of potential professional impairment; creating danger to the client and liability for practicing therapists. It is imperative that mental health care workers take preventive measures and be attuned to the early warning signs of burnout.

Help & Hope: What can be done?

- **Reduce Isolation.** Find a professional peer network and spend time with friends or family. Be open to asking for and accepting help. Do not practice in a bubble.
- **Set physical and emotional boundaries.** Take scheduled and unscheduled “mental health days” and pay attention to your increasing client load. Avoid unnecessary additional exposure to secondhand trauma (news, social media).
- **Practice regular self-care.** Create a list of ways you can support your emotional, practical, physical, psychological, and social needs.
- **Conduct periodic self-assessment for burnout.** Request feedback from mentors, supervisors, and friends. Seek professional help (therapy) when necessary.

