“Burnout: Pitfalls and Prevention for Academic Administrators in Psychiatry.”
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Individual Action Plan:
Complete this action plan within the next 24-48 hours when you have time to reflect on this presentation and what you would like to see for yourself as you continue your vital role as a health care provider. Reread it quarterly or annually to make sure you are keeping focused on your health and wellness. Make sure to be:
- Specific and clear
- Select a behavior not attitude
- Select something you can count (measure)
- Make a plan/timetable
- List your personal barriers
- When will you start?

1. Reflection:
   a. Are you stressed at work?
   b. Are you thriving or just surviving?
   c. Would you like to see improvement in your current mental, physical, emotional or spiritual wellbeing?

2. Self-assessment: Determine if you are stressed or at burnout. Describe the source of your stress and burnout?

3. List three self-care areas you will improve over the next 6 mo.
4. List three ways to manage your energy at work.

5. Identify resources you will use now and in the future.

6. Define your improvement plan. (List steps and timeline.)

Resources:
- Primary care provider
- Private counseling services
- Institutional employee programs
- Substance services: AA, NA, etc
- 1-800-273-TALK: suicide prevention hotline
- Other: YMCA/YWCA, Massage envy, community-based wellness programs