Career Burnout

We Didn’t Start the Fire... or Did We?

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mil·len·nial

/miˈlenēəl/

noun

A person reaching young adulthood in the early 21st century.

"most social networking groups are dominated by the millennial generation"
Burnout

WHO ICD-11

• Energy depletion
• Mental distance, cynicism
• Reduced professional efficacy
Moral Injury

Dr Brett Litz

“...[M]oral injury is an act of transgression, which shatters moral and ethical expectations...about fairness [and] the value of life...”
Moral Injury

Dr Zubin Damania

• It’s not burnout; it’s moral injury
• Victim shaming
• What happens when caring people—doctors, nurses—face U.S. healthcare system that is opposed to their moral code
The Sabbatical Stories

4-week sabbatical
  • Engaged in the cult of busyness
  • Shopped online
  • Tried to meditate
  • Blogged & failed
San Diego

2 bed, 1 bath
1,300 sq ft
Shared lot

$1,100,000
Tools

• Unplug & unsubscribe to the cult of busyness
• Boundaries
• TED Talk Tuesdays/Thursdays
• Sewing
• Blogging
• Shared workspace
Medical Writers & Editors

• General burnout?
• Job burnout?
• Career burnout?
• Moral injury?
Tips

• Wellness program
  • SCHEDULED monthly massages
• Paid sabbatical
Make Like a Millennial

• Take out the toxicity
• Be kind to yourself
• Focus on positive change/sustainability
• Innovate
• PINK!
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