**WHAT'S HAPPENING?**
- Stress being caused by caring for patients/clients
- Working in chaotic professional environments
- Increased tensions between healthcare team members
- Experiencing a decreased hope that the pandemic will soon end

**WHAT CAN IT CAUSE?**
- Stress
- Sick More Often
- Loss of Hope
- Low Energy
- Headaches
- Fatigue
- Apathy
- Anger
- Impatience
- Bitterness
- Loneliness
- Tension
- Stress
- Sick More Often
- Low Energy
- Headaches
- Fatigue
- Apathy
- Anger
- Impatience
- Bitterness

**WHAT CAN YOU DO?**
- Develop a daily routine which allows for more effective time management and a sense of prediction during a challenging pandemic
- Take care of your body, eat/sleep right, exercise
- Stay connected to sources of support
- Seek professional assistance to cope with the challenges of the pandemic

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**PERCENT OF PROVIDERS REPORTING FEELING "BURNED OUT"**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boomer</td>
<td>39%</td>
</tr>
<tr>
<td>Generation X</td>
<td>48%</td>
</tr>
<tr>
<td>Millenial</td>
<td>38%</td>
</tr>
<tr>
<td>Women</td>
<td>50%</td>
</tr>
<tr>
<td>Men</td>
<td>39%</td>
</tr>
</tbody>
</table>

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**Physician Support Line**
1-888-409-0141

**National Suicide Prevention Lifeline**
1-800-273-8255