



Mountain Plains Mental Health Technology Transfer Center and Lewis Family Consulting

Burnout Recovery: Addressing Provider Burnout in the Mountain Plains Behavioral Health Workforce

After this training, participants will learn the following,

- Foster a positive and supportive work culture that emphasizes open communication, teamwork, and mutual respect.
- Address any systemic issues contributing to burnout, such as inadequate resources, communication problems, or lack of support.
- Recognize signs of burnout to acquire appropriate assistance for themselves and others.

Burnout Recovery

1. Intentional Wellness
2. Compassion
3. Self-Awareness

Intentional Wellness

Personal Harmony: Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit.

Compassion

What is compassion? “The desire to alleviate and prevent suffering.”-Global Compassion Commission

Self-Compassion: “Treat yourself like you would treat a friend...”-Dr. Kristin Neff

Self-Awareness through Self-Reflection

Create purposeful quiet time



Pause and Reflect (John Maxwell)

Solution-Based Strategies

Build Awareness: Check-In with Yourself

Question for Reflection: What's happening with me right now?

Play as Self-Care: Have some FUN

Questions for Reflection: When was the last time you played? Or engaged in an activity with NO outcome attached to it?

Radical Healing: Coping vs. Safety

Questions for Reflection: Am I safe right now? What am I keeping myself safe from?

Build Your Tribe or Team: Peer Support

Questions for Reflection: Who can I reach out to for support right now?