



5 A's To Start Burnout Recovery Today!

Burnout is an insidious, career and potentially life-threatening disease. It did not occur overnight, and will not necessarily get better overnight. However, there are some steps you can take today to immediately reduce your burnout, TODAY! We call them the 5 A's!

1. Acknowledge
2. Accept
3. Assess
4. Align
5. Act

Acknowledge. The first step of diagnosing a problem is acknowledging one exists, like all good 12 step programs, and most medical issues. Be aware that you may have a problem.

Accept. Alright, everybody likes to think that they are on top of everything and we have it all under control. Well, let's just say that you probably would not be reading this if you didn't have a little smidgen of a hint of a thought that you may be burned out or not so on top of things. Take off the cape, Superman or Superwoman. Life is tough and demanding, especially as a physician or healthcare provider. It will be ok. Just accept that you possibly cannot do it all, and you **MAY NEED HELP**. We, as physicians, are the worst ever at asking for help. Ask, already!

Assess. There are four components here.

1. What makes your blood boil? That is about the shortest line between you and burnout. And I mean, what causes serious frustration, and may not be necessarily in your control, and you may or may not have already attempted to fix said problem without success. But still, there is no resolution or improvement and the problem continues.

2. What are your priorities? No, really, what are they? Not God, country and Brussel sprouts, or whatever you SAY your priorities are. What you spend time, energy, money and focus on are your priorities. List them now. I'll wait. Ok, got them written down? Which ones are needs, and which ones are wants? Let's focus on the wants. These are the ones you can alter and reduce most easily. For example, I want to be the highest producing partner, for my lifestyle, ego, whatever. But, the toll it is taking on me, my life, my health and my family is ridiculous and excessive. WORK LESS. Refocus on your actual priorities. Refocus on your needs. Your family needs you. Your patients need you to be at your best when you are with them. You need sleep, food, exercise. Just about everything else is negotiable and adjustable. You have to make the choices. Back up the ego bus, and get focused on your real priorities.

3. What is under your control? Let's break this into 2 parts: Things in your control and things out of your control. See below for examples.

In Your Control

Out of Your Control

Your response to Everything in your Life	The world, accidents, traffic, bad bagels
Your schedule	Lateness by others
Anticipating outcomes	Unforeseen complications
Reacting badly to unplanned outcomes	My EMR stinks
Time allocation	Patient factors
When you leave for work in the morning	
Get help to run your EMR efficiently	

Be creative here. Think of different ways to attack the items within your control, which really is just about everything. Life happens, and 99.5% of what governs the quality of my life, your life, everyone's' lives is our reaction TO what happens. Acknowledge that and OWN it. Say it 100 times: My reaction governs my quality of life. My reaction governs my quality of life. My reaction governs my quality of life..... 97 more to go. Not kidding. Do it!

So, think, plan, anticipate, and course correct when the inevitable unplanned events occurs.

4. Imagine a perfect day. How does that look? How does it feel? What do you do? What steps would it take to make that perfect day a reality? Money is no object in this thought experiment. This feels and looks a bit different than your current life, right? Go back and think of what things on your wish

list day that you can incorporate right now. Rearrange your schedule and take a day a week off. I did it after only 18 years. I am a sloooow learner, as you can tell. That was a life saver and a life changer for me.

Align. Take your actual priorities and align your time, energy, money and focus with those priorities and make a To UnDo Burnout List!

Act. Find the most doable step and do that right now. Put down your laptop/ tablet/ phone/smart watch or whatever you are reading this on, and do it RIGHT NOW. You cannot come back to this until you do.

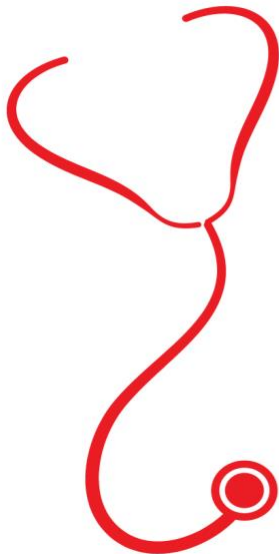
OK. You did it, right? Good job! Cross it off your UnDo Burnout List. Tomorrow, you can start on the rest of the list. Or, if you are feeling super-motivated and energetic, do more now. The beauty of taking action is that you are BACK IN CONTROL.

Alright, now that wasn't so bad, time consuming and awful was it? Congrats, you just got the quick and dirty secrets to curing burnout and having a more focused, meaningful, less burned out life. You are most certainly welcome!

Remember the 5 A's!!

Contact us if you would like more information about Burnout, Action Plans and Ways to improve your career, work environment and life!

For more information, connect with us at JeffMoody.com.



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