Avoiding Burnout
EIU Counseling Center
Becoming Overextended

- To avoid burnout:
  - Recognize where the problem is coming from
  - Build positive social supports
  - Work smarter and not longer
  - Do something for yourself each day
  - It is okay to say “No” at time to avoid overcommitting yourself
  - Develop a balance of work, school and friends/relationships
  - Seek help whenever you feel too tired or too stressed
How to Help Your Residents

- Try to identify when residents are overextended
- Ask how they are balancing themselves
- Hold floor programs to get residents to relax:
  - Movie night
  - Going to RO
  - Ask the Counseling Center for a presentation on stress and time management