

## **Bootcamp for Burnout Workshop: Promoting Personal Resilience**

Burnout is characterized by depersonalization, emotional exhaustion, and a sense of low personal accomplishment that leads to decreased effectiveness at work. This workshop will discuss the stages and causes of burnout for physicians at all stages of career and discuss and demonstrate empirically supported individual coping skill to prevent or reverse burnout and stress, improve sleep and work efficiency, and promote resilience and wellness. Health technology apps available for wellness will also be demonstrated.

### Objectives

1. Identify the stages of burnout and preventable causes
2. Learn 3 new stress management skills that can be practiced anywhere and anytime.
3. Learn how to access and use 2 health technology apps to promote wellness.