



5 SIMPLE STRATEGIES TO PREVENT BURNOUT IN TELEHEALTH

**Quick, practical ways to protect your
energy and stay effective in virtual care**

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WHY BURNOUT HITS HARDER IN TELEHEALTH

As clinicians, we know the rewards of helping others—but in telehealth, the blurred lines between work and home can quickly lead to exhaustion. Burnout isn't just about “being tired”; it impacts your focus, your effectiveness with clients, and your long-term career sustainability.

These 5 simple strategies are a starting point to protect your energy and reclaim balance in virtual practice. They're quick to apply, but they're not the whole picture—true burnout prevention requires deeper, evidence-based frameworks, which I'll be teaching in my upcoming CEU: Preventing Clinician Burnout in Telehealth (launching October 15)

Tip#1

Set Clear Boundaries Around Your Workday

- Schedule sessions with buffer times between clients.
- Avoid checking emails or notes outside of work hours.
- Communicate your availability clearly to clients and colleagues.

PRO TIP

Boundaries reduce fatigue—but sustainable workflows take more. Learn how in my CEU.



TIP #2

Create an Ergonomic & Calming Workspace

- Invest in a comfortable chair and desk setup.
- Reduce screen glare and background noise.
- Add a small plant, soft lighting, or a calming visual in your space.

TIP #3

. Prioritize Micro Self-Care Breaks

- Stretch, move, or do a 5-minute mindfulness exercise between sessions.
- Step outside for fresh air whenever possible.
- Hydrate and snack strategically to maintain energy.

PROTIP

A balanced workspace and real breaks protect your energy. My CEU dives deeper into building workflows that prevent burnout for the long haul.

PROTIP

Peer support and reflection sustain your practice. My CEU shows how to turn these habits into long-term burnout prevention strategies.

TIP #4

Cultivate Peer Support & Supervision

- Schedule regular check-ins with colleagues or mentors.
- Discuss challenging cases and emotional experiences openly.
- Consider peer consultation groups for shared strategies and validation.

TIP #5

Reflect & Celebrate Small Wins

- End your day noting positive client progress, even minor victories.
- Keep a journal of what's working in your practice and what drains you.
- Use reflections to adjust your workflow and recharge proactively.





READY TO PREVENT BURNOUT THE SMART WAY?

My CEU: Preventing Clinician Burnout in Telehealth
(launching Oct 15) goes beyond the basics:

- Clinician-tested frameworks for long-term energy sustainability
- Workflow optimization for virtual practice
- Evidence-based strategies to maintain passion and purpose

Join the CEU Launch Oct 15



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