

Strengthening the Clinician: Measures to Combat Burnout

Burnout experience among healthcare professionals is common, and it's no surprise why. The constant emotional intensity, high stakes, and relentless pace of care can gradually erode even the most resilient clinicians. What often gets overlooked is how *early prevention—not crisis recovery—is the real key to protecting long-term wellbeing*. Making self-care a non-negotiable priority isn't indulgent; it's foundational.

The triad of *sleep*, *exercise*, and *nutrition* forms the physiological backbone of burnout prevention. Exercise boosts mood and stress tolerance. A balanced diet stabilizes energy and cognition. But sleep is paramount—it's the single most restorative process the body has, and chronic sleep debt quietly amplifies emotional exhaustion, irritability, and cognitive strain. We all know this, we tell our patients this: but do we practice it?

Still, physical habits alone aren't enough. Burnout thrives in isolation. Connection to others—colleagues, friends, family, or supportive communities—creates the psychological buffer that protects against feeling alone in the work. Sharing experiences, receiving validation, and having spaces where vulnerability is allowed can dramatically reduce the emotional load.

Strengthening this combination of physical wellbeing and human connection doesn't eliminate the pressures of healthcare, but it does fortify the person carrying them.

Keep the job as a part of you – don't let it become you.

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