

HUDDLE TALK: LET'S TALK ABOUT BURNOUT

- #2.** This pandemic has been hard on everyone.
- What is the biggest struggle our team faced over the last 18 months?
 - How did it affect you?
 - What helped most when you were facing the struggles you named?

#3. Many employees reported feeling burned out during the pandemic. They gave many reasons, but for many people, the worst part of the pandemic was sensing they were not able to care as effectively as they could in the past. Their burnout was fueled by seeing residents/patients deprived of social relationships and opportunities for quality of life and being relatively powerless to change it.

We are entering new normal, with many uncertainties, but there is a much broader recognition of the way that social relationships contribute to quality of life, and a stronger commitment to fostering better relationships. I'd like to invite you to think about the question, "What is one way our home (or unit or department) could intentionally support residents' family relationships and quality of life in our new normal?"

Feel free to talk with each other about this throughout the week. Take some time to anonymously write your responses on our huddle board. I will check the board next week and we will talk more about your suggestions in this month's huddles.



**#WE
HEAR
YOU**

