

Experiencing *Burnout*?



You are not alone!

Approximately **63%** of Virginia's EMS providers reported feeling burned-out at some point due to the stress of the job.

Signs & Symptoms of *Burnout* May Include:

Feeling depleted of energy or exhausted

Decreased workplace productivity or performance

Increased feelings of negativity, cynicism, and lack of interest toward your job

Burnout is an occupational phenomenon that results from unmanaged chronic workplace stress.

Reignite Your Resiliency!

Get active. Regularly participate in physical fitness and activities you enjoy.

Eat a well-balanced diet with plenty of nutrient dense foods such as fruits, vegetables, nuts, seeds, and lean meats.

Get **7 or more hours** of sleep.

Take time to **intentionally connect** with family, friends, coworkers, and your community.

Reach out. Utilize available resources such as mentors, peer-support groups, or employee assistance programs.

Be an agent and leader of change. Seek out ways to build a culture of resiliency within your agency.