Burnout and Healthy Habits

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Introduction

- The Resilience Puzzle
- The Performance Cliff
- Three Healthy Habits
The Resilience Puzzle

- Doctors are highly resilient
- BUT, have very high rates of psychological ill health
Resilience is complex

Negative input
- Stress
- Internal conflict
- Time and energy demands

Coping reserve
- Personality and temperament factors

Outcomes
- Burnout
- Resilience

Positive input
- Psychosocial support
- Social/healthy activities
- Mentorship
- Intellectual stimulation
The Performance Cliff

Plateau  Cliff  Recovery
The Performance Cliff

- Prioritises work and withdraws
- Coping Style
- Personality
- Organisational culture
The Three Healthy Habits
Healthy Habit One

Health is serious
Healthy Habit Two

Health is a team and contact sport
Healthy Habit Three

Health is in the important things
A Different Journey
Healthy Habits in Time of Covid

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- Time and energy demands

Coping reserve

Personality and temperament factors

Outcomes
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Positive input
- Psychosocial support
- Social/healthy activities
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- Intellectual stimulation
Healthy Habits in Time of Covid

Negative input
- Longer Hours
- Annual Leave?
- Fluid Work-Life Boundary
- Exhausting Adaptations
- Kids/Parents

Positive input
- Distant Work
- Colleagues
- Loss of Social Activities
- Loss of Replenishing Activities
- Reduction of Stimulating Activities

Outcomes
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- Resilience

Coping reserve
Personality and temperament factors

Work Safe?
Summary

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