Challenges at Work

Perceived as Stress/Threat

Mindset

Challenges at Work

Efficiency
EMR Mastery
Margin
Restorative Act. On Shift Communication

Agency
Dichotomy of Control
Inner Voice Work
Process vs. Outcome
Flow Games

Boundary Rituals

Bring It Home

Less Likely to Pursue
Restorative Activities

Burnout Cycle

Emotional Exhaustion
Cynicism/Compassion Fatigue
Loss of Meaning

Moral Injury

Sleep
Movement
Light
Nutrition
Restorative Relationships
Nature
Flow/Mindfulness Practices
Play/Laughter

Processing
Burnout Buddies
Journalling
Gratitude
Meditation

Misalignment of:
Workload
Rewards
Values (Purpose)
Control (Autonomy)
Fairness
Community
Lack of:
Mastery Practice