

**Table****Suggested approaches to avoid burnout****Identify areas of control**

- When possible, arrange schedules to reduce pressure
- Recognize the choices (eg, control) and rewards implicit in everyday endeavors (eg, “Even though the patient load is high, I choose to work in this practice because I trust and respect my partners”)
- Capitalize on opportunities to pace yourself, and find time to breathe deeply and mentally decompress or plan for lunch breaks with colleagues

**Cultivate meaning and purpose in life**

- Focus on empathy and emotional connection to patients
- Participate in activities that reflect your values
- Focus on how your professional activities make a positive difference

**Stay connected to others**

- Talk to colleagues about professional rewards and challenges
- Seek out supportive and trustworthy friends and offer support and trustworthiness to others

**Refresh or broaden your skill**

- Take CME courses in areas that interest you
- Consider a CME course on resilience, relationship building, or an area of your work that you find particularly meaningful
- Seek a mentor or offer to be a mentor

**Practice self-care**

- Develop a “role-shedding” ritual at the end of the day (eg, pay attention to mentally “leaving work” as you close your office door or focus your attention on some transitional activity on the drive home)
- Develop a hobby
- Give yourself permission to turn down invitations and requests unless they fit with your priorities
- Target one lifestyle behavior to improve (eg, exercise)