

# PREVENTING BURNOUT | 5.15.2015

## THE WORKING THERAPIST | HADEN BOLIEK

- I. Welcome
  - a. Haden welcomes the listener
    - i. Thanks for joining me today
  - b. Excited about today's podcast
- II. Introduction of topic
  - a. We're getting ready to move into a really busy season for pediatric therapists
    - i. School's just finished their spring break
      1. This is the final stretch before summer arrives
  - b. This can be make or break time for a lot of therapists
    - i. Too often therapists burn themselves out
    - ii. That's what I want to talk to you about today...How to Prevent Burnout
  - c. Have heard therapists tell me how busy they are and how burnt out they feel
    - i. I have also worked and met therapists who are just as busy, but they aren't burned out
      1. They are balanced and still have a passion for what they do
      2. How do these people accomplish this?
- III. How to Prevent Burnout
  - a. Know Your Why
    - i. We referenced this in a podcast that we recently did
    - ii. Too many therapists know their what, but they don't know their why
      1. Your what is what you do – therapy, seeing patients, writing daily notes and evals, correspondence with patients
      2. Your why is different than your what – it is why you do what you do
        - a. Here at PDT our why is the fact that we have a small window in the life of a child to make the maximum amount of difference for them to live a happy and fulfilled life
          - i. Therapy just happens to the “what” that let's us accomplish that
    - iii. You need a strong sense of what your why is
      1. If you don't have it you will get caught up in all of the collateral stuff
      2. If you don't have a strong sense of your why all of the collateral stuff (who, what, when, and where) will wear down on you
        - a. You find yourself asking the question “Why do I do this?”
  - b. Identify problems to solve vs. situations that need to be managed
    - i. Put your energy and effort first towards problems that can be solved

- ii. Create systems for ongoing situations that need to be managed
- c. Set yourself up for success with good time management
  - i. You have got to make friends with the calendar
    - 1. Don't overbook yourself
    - 2. Schedule times for paperwork
    - 3. Organize your work flow accordingly
      - a. We just did an entire podcast on Time Management – check this out...it will be a good resource to you
- d. Communicate with your team lead / superiors
  - i. Maintain open lines of communication with your superiors
    - 1. Let them know if there is an issue you are having
      - a. We all need people that can look into what we have going on with fresh or different perspective
- e. Therapy has to be fun
  - i. Fun for the child and fun for you
- f. Be creative if finding solutions
  - i. Don't box yourself into having to do things the same way all the time
- g. Change your environment
  - i. Sometimes changing where you do the same thing can bring some fresh life into what you are doing
- h. Take some time off
  - i. Everyone needs a little time to stop what they are doing, get away, and not think about it for a little while

#### IV. Wrap Up

- a. Burn out is avoidable
  - i. Some people think that is inevitable...that's not true
- b. If you are feeling burnt out there are some questions you need to ask yourself
  - i. Do I know what my why is...what is my main priority in the day?
  - ii. Am I taking time to plan and manage my time or is it managing me?
  - iii. Am I effectively communicating with my superiors and/or coworkers?
  - iv. Have I boxed myself into to doing things the same way I have always done them? Can I bring in more creativity in my problem solving?
  - v. When is the last time I took a day off?
- c. I've enjoyed today's podcast
  - i. Thanks for joining me...I'll catch you next time on another episode of The Working Therapist podcast.