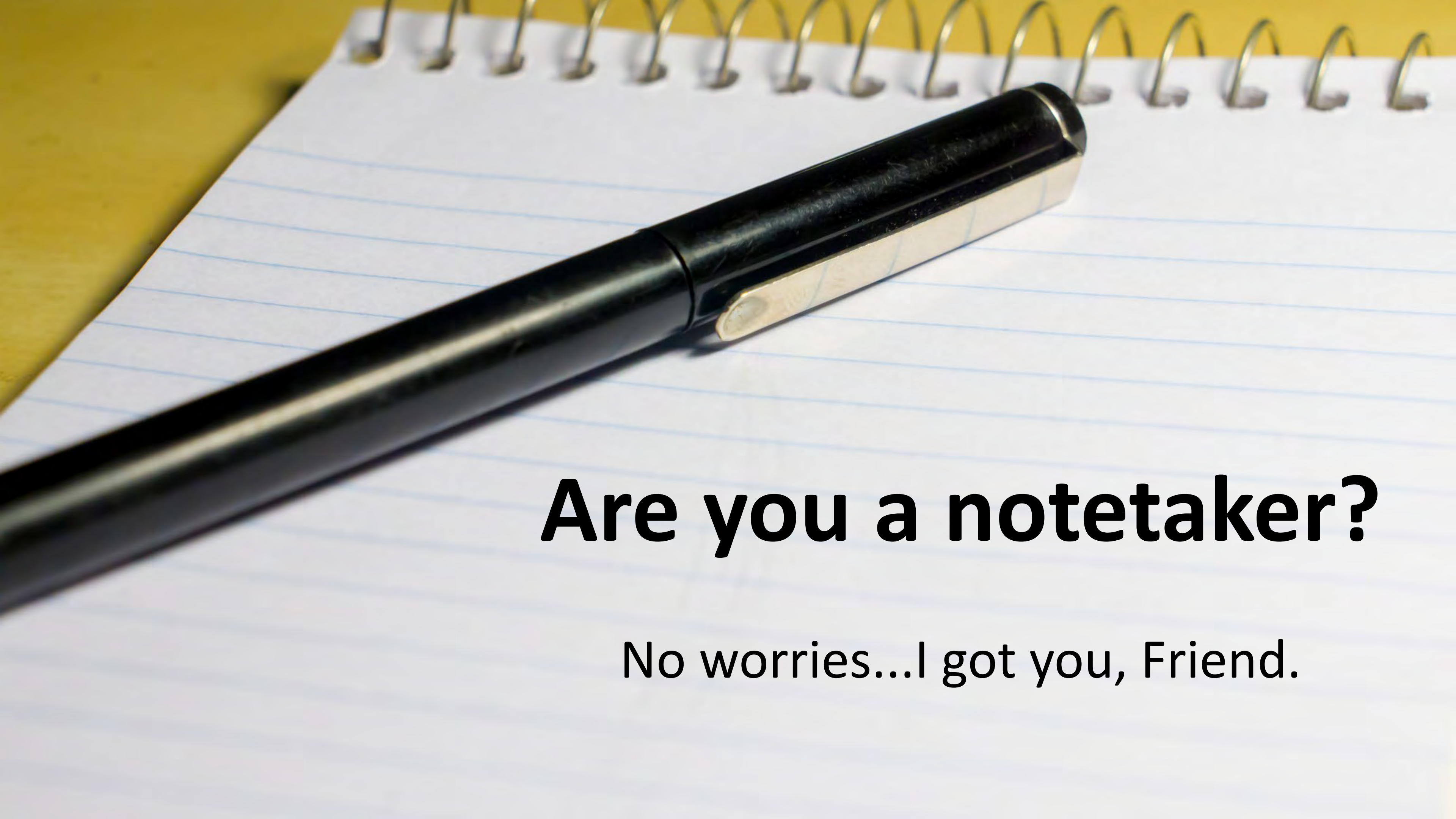


Disrupting Burnout

Patrice Buckner Jackson, Ed.D.





Are you a notetaker?

No worries...I got you, Friend.

**VICE
PRESIDENT
FOR
STUDENT
AFFAIRS**

Healthcare

- 2024 government workforce report found that **49% of healthcare workers** surveyed experienced burnout, and **43% felt overworked** during that period. ¹

- Rural Health Care chronically under-resourced- disproportionately designated as **Health Professional Shortage Areas (HPSAs)** ²; as of September 2023, approximately **one-third** of the U.S. population lived in a primary care HPSA, with **≈66% of those in rural regions** ²

1. HRSA Health Workforce "State of the US Health Care Workforce report, November 2024
2. https://www.ruralhealth.us/nationalruralhealth/media/documents/advocacy/nrha-policy-brief-workforce-retention-factors-final-3-7-25.pdf?utm_source=chatgpt.com

How are you



Burning Out



Surviving

Overwhelm

Burnout



Baggage



**Work/ Life
Balance**



**What standards,
beliefs, definitions,
and ideas weigh you
down in healthcare?**



Boundaries



**What are you
absolutely
unwilling to
lose?**





Build Boundaries for your Team

- “In the Weeds”
- “I’m Blown”



Brilliance



Your Superpower and
your Kryptonite

Tools

Skills

Training

Degrees

Certifications



Talent





Identity



Passions



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