

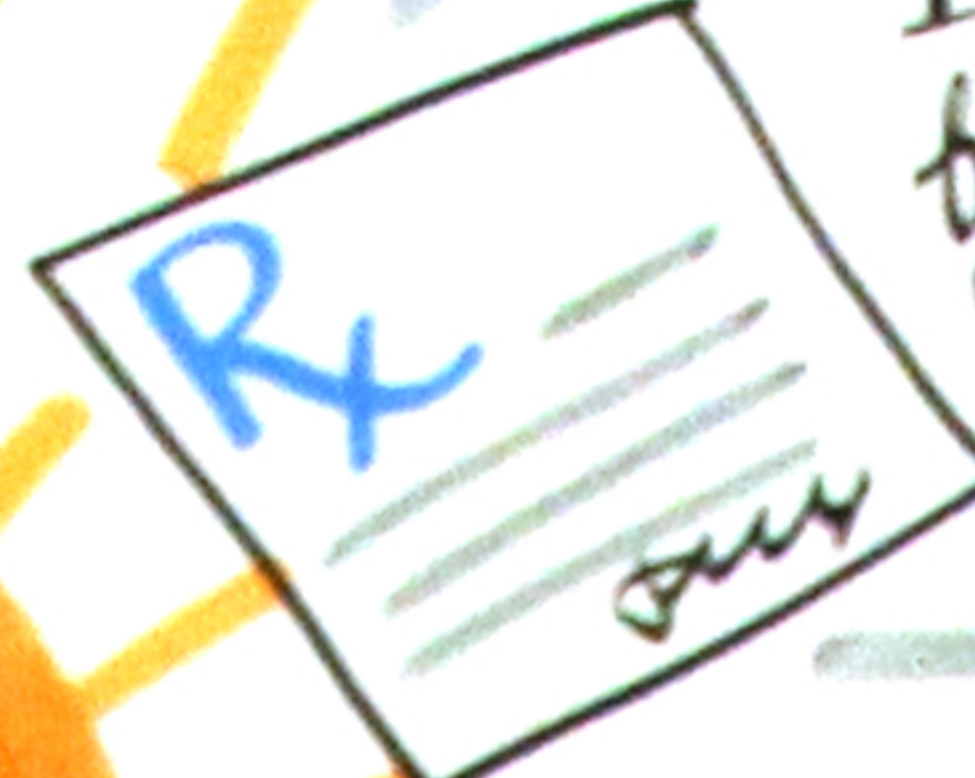
Be Suspiciously Healthy...

# Beating BURN OUT

♥ Caring for the PROVIDER and the PATIENT

That's NOT NORMAL

I had a PLAN for the Patient... whose plan was it?



RESPECT AUTONOMY

Greatest Untapped RESOURCE is INSIDE the Patient

"In 1984 I opened a private practice and spend  $\rightarrow 1\frac{1}{2}$  with patients, hours Why? I'm slow."

-Dr. Bowen White

INSTEAD of trying to FIGURE OUT WHAT'S WRONG

help them TAKE CHARGE of WHAT'S HAPPENING

Leadership begins with a QUESTION

?

even when a CURE isn't possible,

Healing is

Sometimes you have to Break the Rules

How many Illnesses are Stress-related?

Sometimes we cause our own stress

time money pressure husband anxiety traffic insomnia fatigue

stress

life pain indigestion work alcohol leadership fear deadlines medical problems kids

my mind is Calm & Quiet

I feel QUITE QUIET

WE ALWAYS have CONTROL over our breath

Stress COLD CLAMMY

relaxed Warm

CONTROL what LIFE PUTS in YOUR INBOX



LIFE

where we have CONTROL

OUT

INTERNALLY neglected EXTERNALLY focused



energy

follows ATTENTION

Let go of trying so hard.



Be warm, Take care of yourself.