

Mind Your Mental Health Algorithm Preparation

1. I work under the following beliefs/assumptions:

- At my core, I am resilient, compassionate, and motivated to care for others. This is what drew me to medicine and supported me through training.
- The healthcare workplace is characterized by acute and chronic stressors that put even the most resilient, compassionate, and motivated workers at risk for burnout and poor mental health.
- While I am not to blame for my burnout, I am responsible for monitoring my mental health and acting when it is at risk.

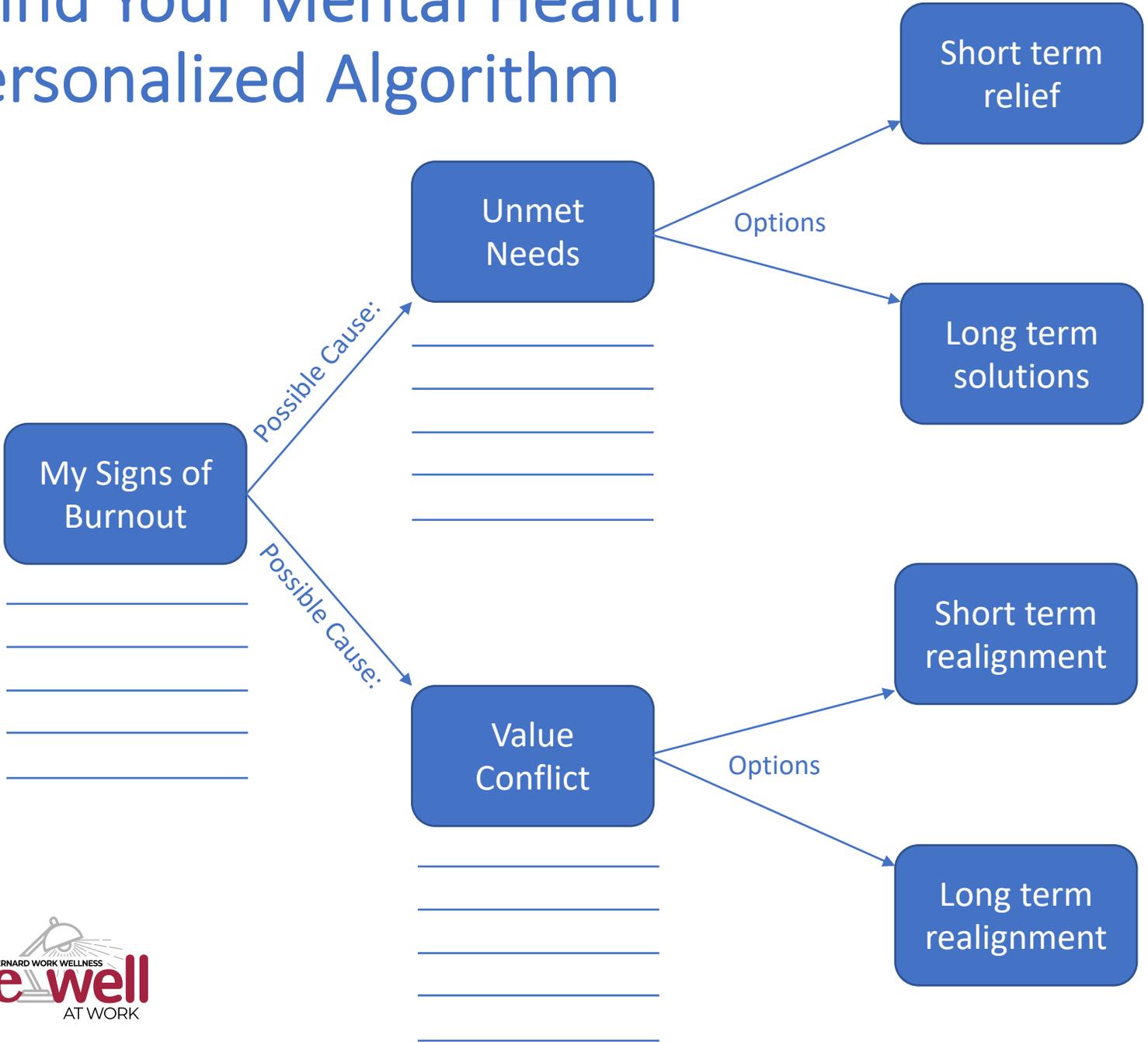
2. My Values – the driving factors that motivate me to take meaningful action in life. The principles that get me to work, even when I am exhausted or resentful:

3. My Needs – activities or circumstances, in and out of work, that keep me centered and energized. When I ignore these needs, I become exhausted and resentful:

4. My Signs of Burnout – when I am exhausted or resentful, secondary to unmet needs, value conflict, or something else, I act or feel the following ways:



Mind Your Mental Health Personalized Algorithm



Quick fixes for relief today but not sustainable long term:

Long term solutions to proactively address my needs:

Quick fixes for relief today but not sustainable long term:

Long term solutions to maintain value alignment: