

Copenhagen Burnout Inventory

Ethan Evans, AI

Burnout for Experts Sabine Bährer-Kohler, 2012-11-11 Wherever people are working, there is some type of stress—and where there is stress, there is the risk of burnout. It is widespread, the subject of numerous studies in the U.S. and abroad. It is also costly, both to individuals in the form of sick days, lost wages, and emotional exhaustion, and to the workplace in terms of the bottom line. But as we are now beginning to understand, burnout is also preventable. Burnout for Experts brings multifaceted analysis to a multilayered problem, offering comprehensive discussion of contributing factors, classic and less widely perceived markers of burnout, coping strategies, and treatment methods. International perspectives consider phase models of burnout and differentiate between burnout and related physical and mental health conditions. By focusing on specific job and life variables including workplace culture and gender aspects, contributors give professionals ample means for recognizing burnout as well as its warning signs. Chapters on prevention and intervention detail effective programs that can be implemented at the individual and organizational levels. Included in the coverage: · History of burnout: a phenomenon. · Personal and external factors contributing to burnout. · Depression and burnout · Assessment tools and methods. · The role of communication in burnout prevention. · Active coping and other intervention strategies. Skillfully balancing scholarship and accessibility, Burnout for Experts is a go-to resource for health psychologists, social workers, psychiatrists, and organizational, industrial, and clinical psychologists.

Well-Being of School Teachers in Their Work Environment Caterina Fiorilli, Wong Yau Ho Paul, Simona De Stasio, Florencio Vicente Castro, Paula Benevene, 2020-10-09 This eBook is a collection of articles from a Frontiers Research Topic. Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series: they are collections of at least ten articles, all centered on a particular subject. With their unique mix of varied contributions from Original Research to Review Articles, Frontiers Research Topics unify the most influential researchers, the latest key findings and historical advances in a hot research area! Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office: frontiersin.org/about/contact.

Burnout Gordon Parker, Gabriela Tavella, Kerrie Eyers, 2022-12-30 Burnout: A Guide to Identifying Burnout and Pathways to Recovery is the first complete self-help guide to burnout, based on groundbreaking new research. Burnout is widespread among high achievers in the workplace, and the problem is becoming more prevalent and profound in its impact. This book

contains new evidence-based tools for readers to work out for themselves whether they have burnout and generate a plan for recovery based on their personal situation. Chapters show readers how to recognise their own burnout patterns and how far they may have travelled into burnout territory, and provide research-based management approaches to help them regain their passions and build their resilience. Offering fascinating new insights into the biology of burnout, and stories from people who have rebounded from it, the book acts as a complete guide for anyone who suspects they may have burnout, for their friends and families, and for health professionals and employers.

Burnout and Trauma Related Employment Stress Melissa L. Holland, Stephen E. Brock, Taylor Oren, Maciel van Eckhardt, 2021-10-28 Burnout and trauma related employment stress (TRES), which includes compassion fatigue, secondary traumatic stress, and vicarious trauma, are increasing in prevalence as attrition rates, mental health disturbances, and suicide rates are climbing for those in the helping professions. This book highlights the imperative for prevention and early intervention using acceptance and commitment strategies. It includes cognitive, acceptance, and mindfulness techniques to assist the individual in achieving goals through values-based living. Among the topics discussed: Definitions of Burnout and TRES Prevalence rates of burnout and TRES in the helping professions Mindfulness and acceptance practices Defusion and cognitive techniques Values based goal setting Organizational responsibilities and strategies Assessment resources Burnout and Trauma Related Employment Stress will be a valuable resource for clinicians working with those experiencing the symptoms of TRES and burnout, as well as the individuals themselves.

Taking Action Against Clinician Burnout National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. *Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being* builds upon two groundbreaking reports from the past twenty years, *To Err Is Human: Building a Safer Health System* and *Crossing the Quality Chasm: A New Health System for the 21st Century*, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

Breaking Point Irvin Sam Schonfeld, Renzo Bianchi, 2025-05-20 Burnout has become a popular indicator of the distress that individuals can experience at work. In *Breaking Point: Job Stress, Occupational Depression, and the Myth of Burnout*, the authors, in the context of more than a decade of research, show how the phenomenon hidden behind the label of burnout

is, in fact, depressive in nature. This book unravels the connections between work, depression, and burnout. The authors underline the dangers of mislabeling a depressive condition as burnout, including misdiagnosis, improper treatment, and unaddressed suicidality. Finally, they offer a path forward for individuals and society. By recognizing the depressive roots of burnout, human resources specialists and occupational health professionals can refer employees for appropriate treatment and understand how and why problematic working conditions must be changed. Review the history of depression and burnout and their connection to work Learn about research that supports occupational depression as a more valuable construct than burnout Understand and address the stigma that inhibits affected employees from seeking treatment Discover specific, research-grounded actions that occupational health specialists can take to prevent and address depression and burnout in the workplace

Burnout Breakthrough Claire Donnelly, 2025-05-15 Exhausted, cynical, and overwhelmed? Burnout is eroding well-being worldwide, but you can break free. *Burnout Breakthrough* by Dr. Vivian Holloway is your comprehensive, science-backed roadmap to reclaiming your energy and building sustainable wellness. Understand the hidden physical, emotional, and professional costs of chronic stress and depletion. Dr. Holloway provides clear, actionable strategies to: -Shift your mindset for lasting resilience -Overhaul crucial lifestyle habits (nutrition, sleep, exercise, digital detox) -Set firm professional boundaries -Integrate holistic wellness practices -Stop surviving and start thriving. Perfect for professionals, caregivers, high-achievers, and anyone feeling depleted by modern demands. Begin your breakthrough—buy *Burnout Breakthrough* today!

Mental Recharge Lila Santoro, AI, 2025-03-14 *Mental Recharge* offers a practical guide to understanding and managing burnout, optimizing energy levels, and establishing sustainable self-care practices for improved mental wellness. Chronic stress and burnout are increasingly prevalent, impacting overall health; this book provides actionable strategies to build resilience and thrive, rather than simply reacting to stress. It presents evidence-based techniques, emphasizing that managing mental and emotional resources is crucial for sustained well-being. Did you know that proactive mental health management can significantly enhance focus and overall vitality? The book is structured into three main sections. It begins with an in-depth analysis of burnout, including identifying triggers and patterns. Next, it delves into energy management, exploring the impact of sleep, nutrition, exercise, and mindfulness. Finally, it guides readers in developing a personalized mental wellness routine, incorporating self-care. For example, customizing mindfulness practices can lead to better stress management. By addressing these key areas, *Mental Recharge* provides a comprehensive and personalized guide to achieving a more balanced and fulfilling life.

Burnout in Women Physicians Cynthia M. Stonnington, Julia A Files, 2020-06-15 This book is the first to dissect the factors contributing to burnout that impact women physicians and seeks to appropriately address these issues. The book begins by

establishing the differences in epidemiology between female physicians and their male counterparts, including rates of burnout, depression and suicide, chosen fields, caregiving responsibilities at home, career tradeoffs in dual physician marriages, patient satisfaction and outcomes, academic rank, leadership positions, salary, and turnover. The second part of the book explores the drivers of physician burnout that disproportionately affect women, each chapter beginning with a case vignette. This section covers many issues that often go unrecognized including unconscious bias, sexual harassment, gender role conflicts, domestic responsibilities, depression, addiction, financial stress, and the impact related to reproductive health such as pregnancy and breastfeeding. The book concludes by focusing on strategies to prevent and/or mitigate burnout among individual women physicians across the career lifespan. This section also includes recommendations to change the culture of medicine and the systems that contribute to burnout. *Burnout in Women Physicians* is an excellent resource for physicians across all specialties who are concerned with physician wellness and burnout, including students, residents, fellows, and attending physicians.

Trauma and Crisis Counseling Kathy B. Hoppe, Michelle K. Taylor, 2025-02-28 *Trauma and Crisis Counseling: An Overview for Emerging Professionals* is an introduction to trauma for students, new counselors, and other helping professionals. The book provides a sweeping overview of trauma from more than 500 sources. It includes definitions, a clear exploration of trauma's neurobiology, information on assessment and diagnosis, and summaries of the primary models of evidence-based treatments. The text also addresses suicidality, crisis, and disasters, as well as the challenges faced in providing care to people who experience trauma. Throughout the book, the authors focus on what it means to be trauma-informed and how to integrate resiliency in trauma work. The material is presented in a conversational way using case studies, examples, and practical activities to enhance the reader's learning. *Trauma and Crisis Counseling* lays the foundation for effective trauma work in a readable format.

Workplace Burnout Causes Ethan Evans, AI, 2025-02-22 *Workplace Burnout Causes* addresses the escalating crisis of workplace burnout by exploring its multifaceted origins. It argues that burnout isn't solely an individual issue but a systemic problem stemming from the interplay of individual vulnerabilities and organizational stressors. The book highlights how today's work environments, driven by technology and globalization, create increasing demands and pressures, and also examines how management practices like workload distribution and autonomy impact employee well-being. Furthermore, it acknowledges the role of individual characteristics, such as coping mechanisms and work-life integration, in burnout susceptibility. The book progresses logically, beginning with core concepts and a definition of burnout characterized by exhaustion, cynicism, and reduced efficacy. It then delves into the primary drivers: workplace demands, organizational factors, and individual characteristics, providing detailed analyses and evidence-based strategies. Drawing from workplace surveys, interviews, and health reports, the book uniquely integrates management, psychology, and public health

perspectives. For example, the book explores how management practices can either contribute to or mitigate burnout risks, similar to how poor infrastructure might cause traffic congestion. This comprehensive approach sets it apart from simplistic solutions and equips readers with the knowledge to enact meaningful change at both individual and organizational levels.

Caring for Caregivers to Be Jonathan Ripp, Larissa R. Thomas, 2023 Medicine as a profession has been considered a challenging career choice throughout the ages. And across time, it has often been considered more than just a profession. For many, it is a calling, a way of life, and for those that do feel called to the work, they may derive greater meaning from it. This level of commitment to career is in effect a contract with society in the interest of caring for the patient. Perhaps describing medicine as a calling is an appropriate characterization since the rewards of being a physician may be greater than the investment. Traditionally the return on this commitment has included prestige and position in society, financial remuneration, and significant meaning derived from one's career. Some have argued that while the societal position of the physician has declined, and relative compensation has been stagnant amongst steady and significant rises in the cost of education, the potential to experience meaning from the work has remained high. Nonetheless, there is significant current concern that the changing landscape of medicine has tipped the balance for the physician away from being able to experience the more meaningful aspects of work (such as patient interaction) towards an increasing burden of more meaning-less demands. (e.g. clerical work, documentation, billing, etc.) Furthermore, there has developed an understanding that the well-being of the health professional workforce is a necessary component of an optimally functioning health care system.--

Improving Patient Safety Raghav Govindarajan, 2019-01-15 Based on the IOM's estimate of 44,000 deaths annually, medical errors rank as the eighth leading cause of death in the U.S. Clearly medical errors are an epidemic that needs to be contained. Despite these numbers, patient safety and medical errors remain an issue for physicians and other clinicians. This book bridges the issues related to patient safety by providing clinically relevant, vignette-based description of the areas where most problems occur. Each vignette highlights a particular issue such as communication, human factors, E.H.R., etc. and provides tools and strategies for improving quality in these areas and creating a safer environment for patients.

Police Trauma, Loss, and Resilience Konstantinos Papazoglou, Katy Kamkar, Peter Ian Collins, Michael David Schlosser, 2022-07-05

Strategies and Solutions for Public Sector Burnout Hendrickson, Kenny A., Francis, Kula A., 2025-06-25 Combating burnout in the public sector requires a combination of organizational, cultural, and policy-driven strategies aimed at prevention and recovery. Key solutions include fostering a supportive workplace culture where mental health is openly addressed and stigma is reduced. Providing flexible work arrangements, manageable workloads, and clear role expectations can reduce stress. Access to mental health resources also plays a crucial role in supporting well-being. Further exploration

may address structural issues, such as underfunding, staffing shortages, and bureaucratic inefficiencies, to create a more sustainable and resilient public workforce. *Strategies and Solutions for Public Sector Burnout* explores the increasing levels of crises and disasters that have greatly exacerbated employee burnout in the public sector. It examines various strategies and solutions to properly address public sector burnout. This book covers topics such as social work, stress management, and government and law, and is a useful resource for government officials, policymakers, medical and healthcare professionals, academicians, researchers, and scientists.

Corporate Burnout Zuri Deepwater,AI,2025-02-28 *Corporate Burnout* explores the widespread issue of workplace burnout, a systemic problem impacting employee well-being and organizational success. This book moves beyond individual stress management to examine the organizational culture, workload demands, and support systems that contribute to burnout. Discover how companies can move beyond reactive measures to proactively foster a supportive environment, promote work-life balance, and invest in employee development. The book begins by defining burnout and differentiating it from stress and depression. It then examines the primary causes of burnout, such as excessive workload and toxic workplace dynamics. Readers will explore various stress management techniques, including cognitive behavioral methods and mindfulness, with an evaluation of their effectiveness based on current research. Ultimately, *Corporate Burnout* provides a detailed framework for implementing comprehensive employee well-being programs. Practical case studies and actionable recommendations offer valuable insights for business leaders, HR professionals, and managers seeking to create a more sustainable work environment. The book emphasizes that addressing burnout requires a holistic approach that prioritizes prevention and organizational-level changes.

Understanding Depression Yong-Ku Kim,2018-01-02 This book, in two volumes, focuses on contemporary issues and dilemmas in relation to depression. The aim is to equip readers with an up-to-date understanding of the clinical and neurobiological underpinnings of depression, the clinical manifestations, and the development of more effective treatments. This second volume is devoted specifically to clinical and management issues. Readers will find detailed information on a wide range of frequently encountered and more complicated clinical presentations, with examination of risk factors and links to other conditions. Diagnostic aspects, including progress toward biological classification and the role of neuroimaging, are explored. Current trends in therapy are examined at length, drawing on the latest evidence and covering not only antidepressant medications but also the roles of neurostimulation, combined pharmacotherapy and psychotherapy, mindfulness-based cognitive therapy, and complementary and alternative medicine. The companion volume is dedicated to the underlying biomedical and neurobiological basis of depression. *Understanding Depression* will be an excellent source of information for both researchers and practitioners in the field.

Burnout Fix Liam Sharma,AI,2025-03-14 *Burnout Fix* tackles the pervasive issue of burnout, offering a comprehensive

guide to understanding, addressing, and recovering from this debilitating condition. It emphasizes sustainable fulfillment by exploring the symptoms, root causes, and practical strategies for restoring well-being. Did you know that burnout isn't just about overwork, but often stems from a mismatch between job demands and personal resources? The book uniquely advocates for aligning work with personal values, encouraging readers to critically examine their work lives for fundamental changes. The book progresses systematically, from defining burnout and differentiating it from stress, to exploring dimensions like emotional exhaustion and cynicism. It delves into drivers such as workload, lack of control, and value conflicts before offering strategies for personal and organizational transformation. These include time management, boundary setting, mindfulness, and cultivating supportive relationships. Ultimately, Burnout Fix empowers readers to create personalized action plans for a balanced life, effectively reducing stress and fostering organizational success.

Applied Psychology Readings Man-Tak Leung, Lee-Ming Tan, 2018-02-27 This book is a compilation of the best papers presented at the 2017 edition of the Singapore Conference of Applied Psychology (SCAP), an event held annually in Singapore. Discussing the latest innovations, trends, concerns, practical challenges encountered and the solutions adopted in the field of applied psychology, it is a valuable resource for academics, researchers and practitioners wishing to keep themselves up to date with the state of the art in the field.

The Handbook of Stress and Health Cary Cooper, James Campbell Quick, 2017-02-07 A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being. Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish. Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work.

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