

# **Burnout: From Recognition to Recovery**

Ash, purplecon 2024



# Maslach Burnout Inventory

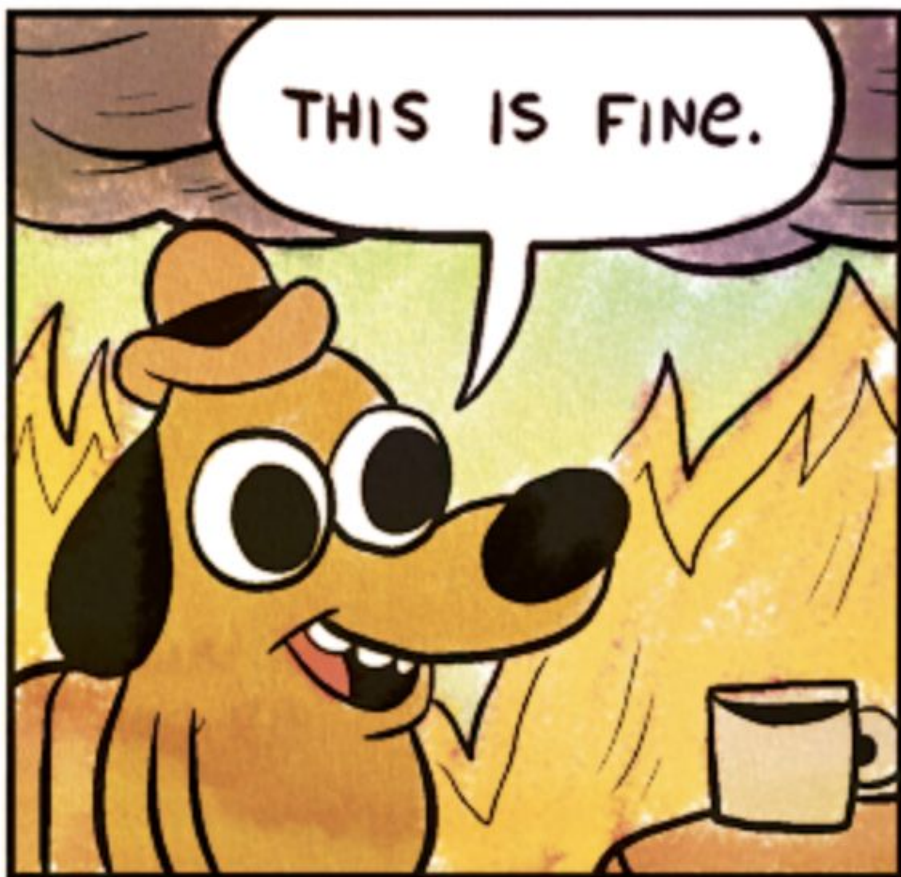
Not a medical professional.

Not a medical professional.

Not qualified to give actual <sup>medical</sup> advice.  
^

# Maslach Burnout Inventory

~~Maslach Burnout Inventory~~



I'M OKAY WITH THE  
EVENTS THAT ARE  
UNFOLDING  
CURRENTLY.

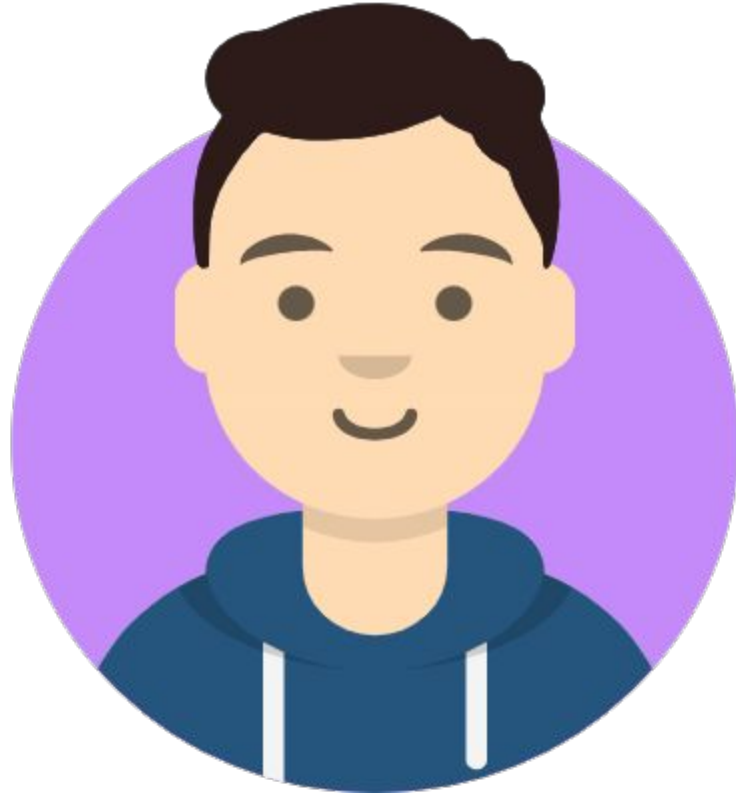




THAT'S OKAY, THINGS  
ARE GOING TO BE  
OKAY.



*story time*









*Exhaustion*

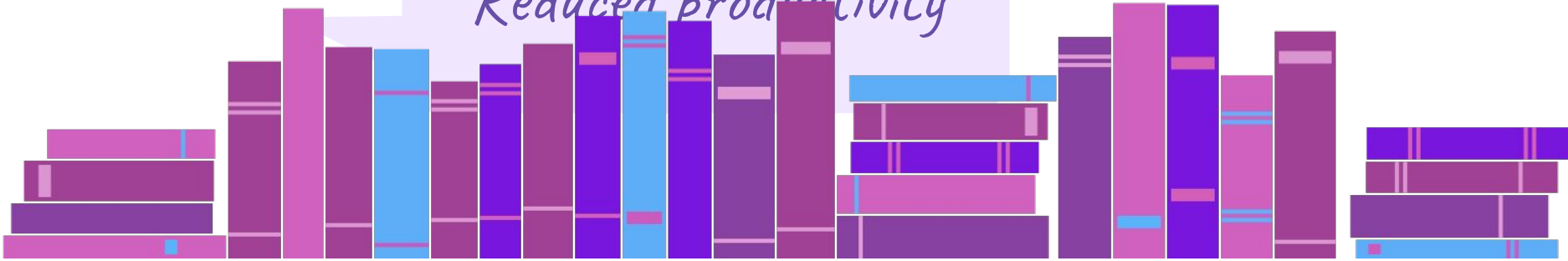
NEGATIVITY

*Reduced productivity*

*Exhaustion*

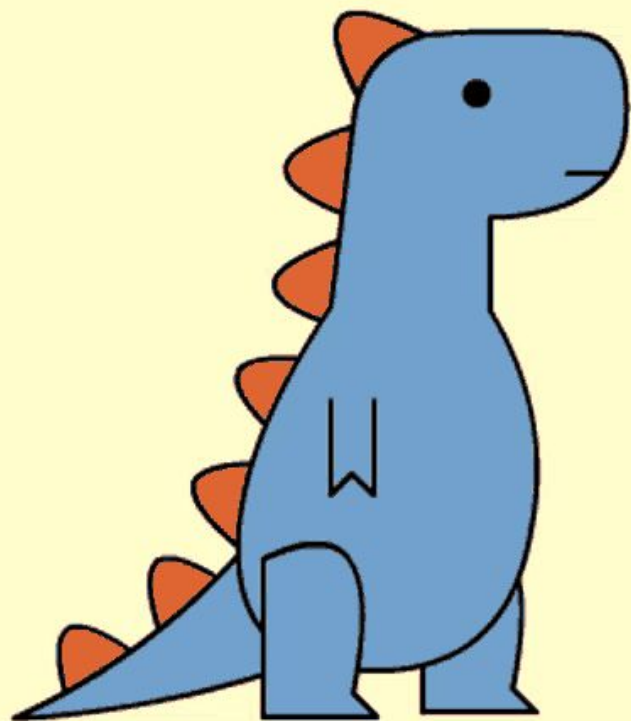
NEGATIVITY

*Reduced productivity*





i'm in this photo



@dinosandcomics

*halp! what do?*



# Steps to ✨recovery✨

#1 **Recognise** burnout

#2 **Referral** to medical professional

#3 **Reach out** to social network

#4 **Recuperate**

#5 **Review**

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**S1**

*Go for a gentle walk!*

**very** ✨ ✨

*Go climb mountains!*

**#1 Recognise burnout**

**#2**

*Go sit outside in the park!*

**and profe**

**#3**

**al netwo**

*Go to karate!*

**#4 Recoverate**

**#5**

*Go for a jog!*

*Go dance!*

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#6 **Repeat** the recovery steps

*ok. we got this!*



*NOT*

I'M OKAY WITH THE  
EVENTS THAT ARE  
UNFOLDING  
CURRENTLY.



## Bingo's checklist

- Have a cry
  - Pick yourself up
  - Dust yourself off
  - And keep going
- The show must go on!*





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#5 **Review**

#6 **Repeat** the recovery steps



*appendix*

# Image credits

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