



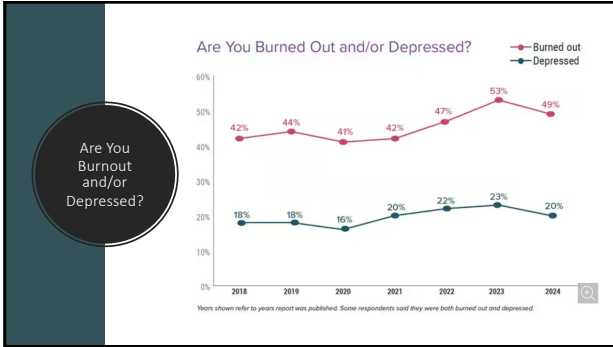
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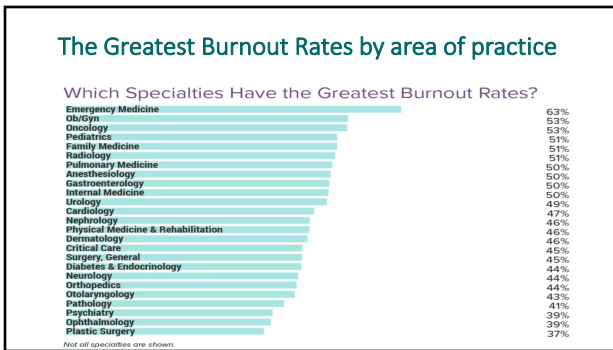
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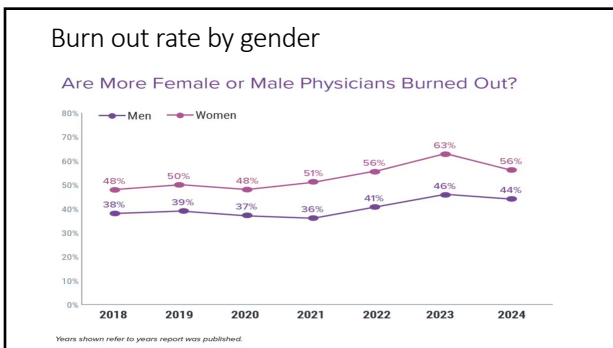
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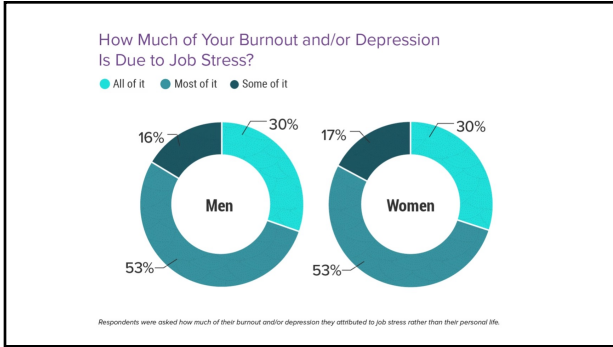
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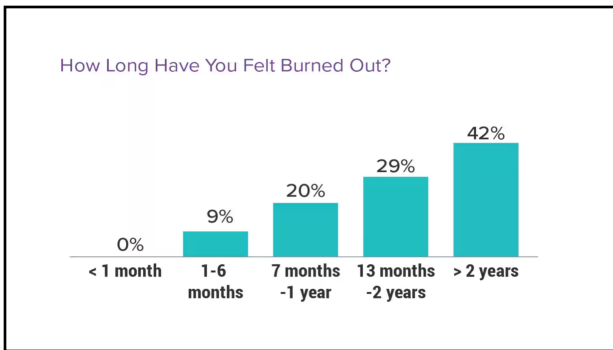
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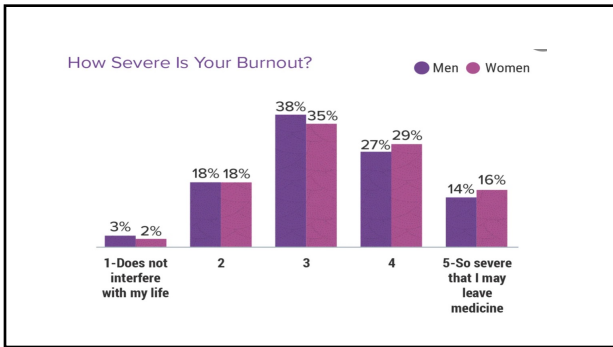
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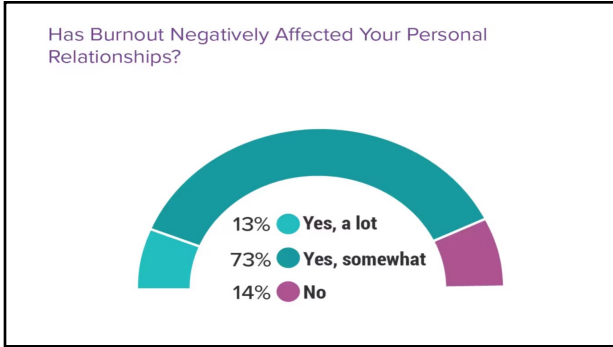
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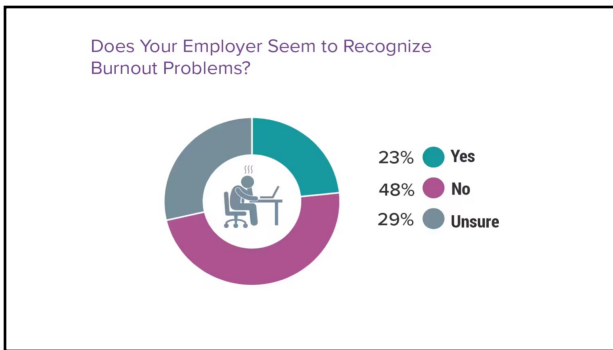
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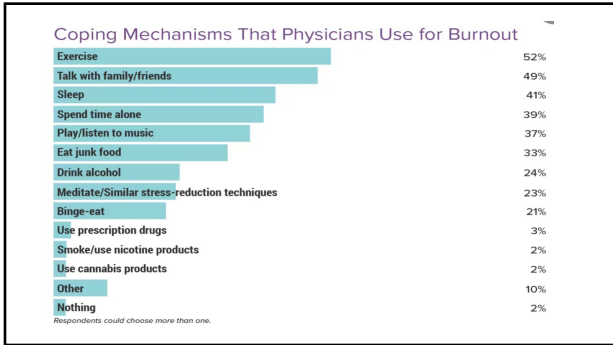
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Do you love your job?

- What aspect of your job do you like the **most**?
- What aspect of your job do you like the **least**?



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Burnout is Real

Never forget your why

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Your Why is The Remedy to Deal Burnout



WHY ARE YOU IN MEDICINE?



MY WHY?

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Reconnect With Your Why


- Remind yourself why you started your journey.
- What motivates and inspire you?
- Find purpose in the daily grind.



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Get Your Finance in order

- Invest for the future
- Avoid expenses that require you to work extra unwillingly
- Invest passively, Don't know how, consult a financial adviser



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Grow and Learn




<h3>Invest in yourself</h3> <ul style="list-style-type: none">▪ Upskilling▪ Explore new challenge▪ Embrace growth opportunities	<h3>Contribute to something bigger</h3> <ul style="list-style-type: none">▪ Volunteer▪ Mentor▪ Find ways to make positive impact
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What does it mean to be a successful PA?



Top-quality care to patients



SKILLS:
Adaptability
Attention to details
Respect
Integrity
Accountability
Effective communication

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Communication

- Great medicine is great communication
- Clear communication is kindness.
- Patient understanding
- Building trust
- Collaboration
- Conflict resolution



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How to Avoid Burn out?



Identify the risk factors



Adequate sleep



Treat yourself




The right mindset

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The Right Mindset | **The Transradiant Mindset:**
A mental framework of your goals and values with a laser-like focus that propels you towards your objectives.

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Medicine is not a finite Service

Boundless dedication to serving others.

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H O P E

Healthy Boundaries

- Establish clear boundaries between work and personal life.
- Prioritize self-care activities to recharge regularly.

Open Communication

- Foster an open dialogue about workload and stress with colleagues or supervisors.
- Seek support from others and share feelings to alleviate emotional burdens.

Prioritize Well-being

- Prioritize tasks and focus on high-impact activities.
- Schedule breaks throughout the day to maintain mental and physical well-being.

Empowerment Through Learning

- Explore new skills or methods to enhance efficiency and effectiveness.
- Advocate for professional development opportunities to stay engaged and motivated.

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Combating Burnout is a Journey

- Be kind to yourself
- Celebrate your progress
- Avoid toxic work environment
- Surround yourself with supporting colleagues, friends, and family.
- Create a calm and organized work environment.
- Keep HOPE alive



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Comments and Questions ?




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Contact Information



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