

A Guide to Personal Wellness for Healthcare Professionals

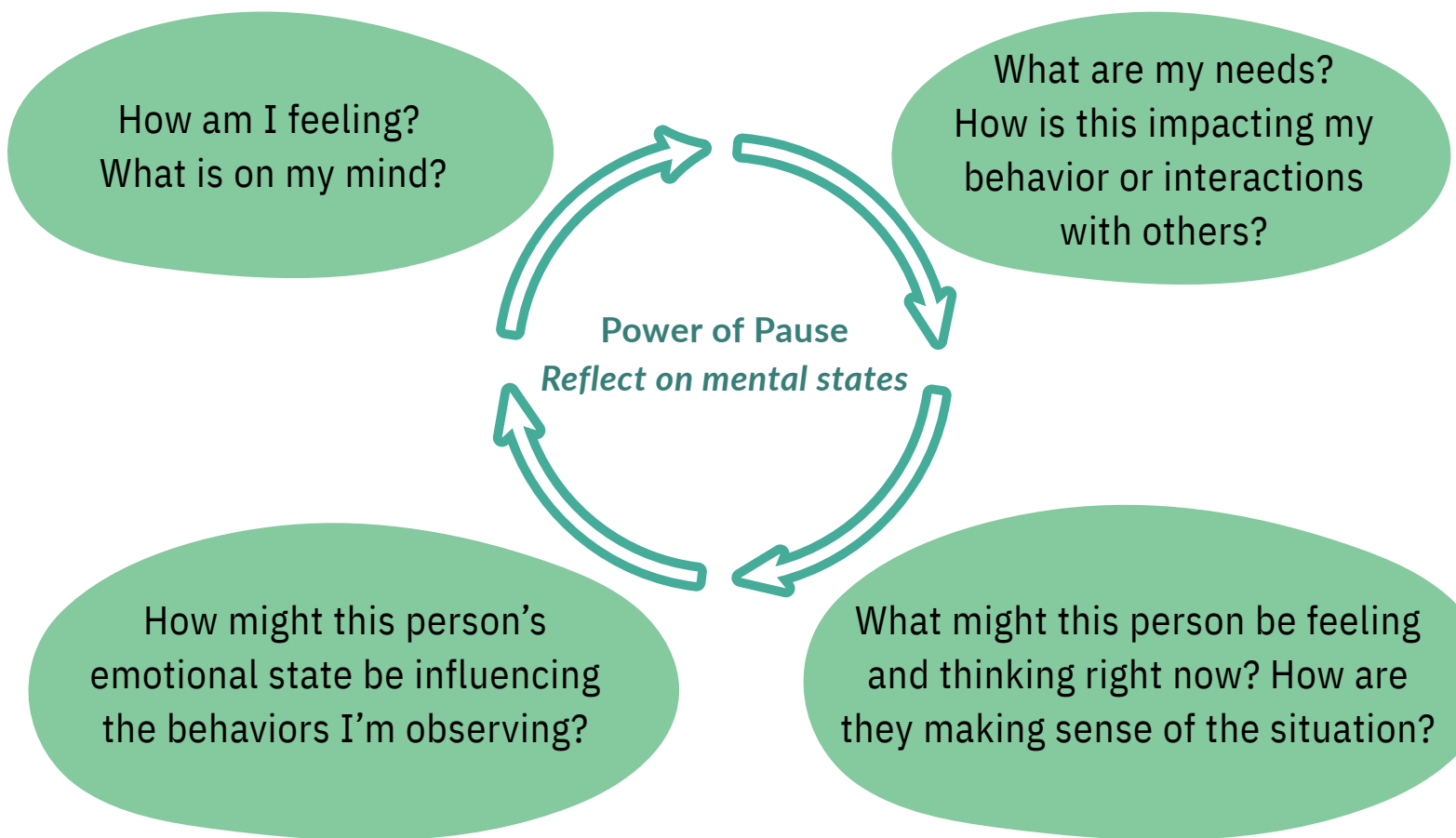


the Grief-Sensitive
Healthcare Project

griefsensitivehealthcare.org

The key to preventing burnout isn't pushing harder - it is about acknowledging your limits and finding balance.

Grief is a natural response for healthcare providers who witness loss, distress, and suffering in their work – not only after a patient's death, but in many moments of caring. Alongside supporting others, we must also attend to our own emotional wellbeing. Caring for ourselves helps us process grief in healthy ways and protects us from stress and burnout. At its core, the antidote to burnout is balance – recognizing when you are carrying too much and allowing yourself space to pause, reflect, and restore.



Navigating Barriers to Personal Wellness

- **Systemic barriers to saying no** → Lean on supportive peers; set small boundaries; try “not now, later.”
- **Productivity pressures** → Build in micro-pauses (2–3 minutes); use grounding or breathing; keep a short reflective journal.
- **Urgency culture** → Watch for overwhelm and burn out signals (fatigue, irritability, trouble concentrating).
- **High-demand workload** → Make personal wellness a non-negotiable in order to care for others, we must recognize self-needs and self-worth first.

Take small steps towards new habits

- Taking a pause is always possible, even when saying no isn't.
- Create rituals to practice grounding and mindfulness activities.
- Practice gratitude as a way to reconnect with yourself and your reality.
- Explore ways to connect with self, others, community and nature.
- Acknowledge your feelings and thoughts as the truth that matters.
- Practice self-compassion: Treat yourself how you would treat a friend.
- Build hope: Practice hope as a skill to problem solve, connect to your identity, values and community.

Mindfulness activity: Ground yourself through your senses

Identify: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 things you can taste

