

## Compliance Today – August 2019

### When is stress burnout?

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The healthcare industry is not one for the faint of heart! Dealing with myriad stress points has become commonplace, and the stress level of not knowing what's on the horizon, or the amount of work needed to get it done, is not going to abate. What can we do to control our reactions to this daily onslaught on new challenges and risks? First, we need to understand the different types of stress and, more importantly, be able to discern when prolonged stress has morphed into burnout.

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