

Feeling Pandemic Burnout?

Mental Health Resources for Healthcare Workers

Feeling overwhelmed or burnout is a state of exhaustion, both mentally and physically. Stress that triggers burnout can come from a number of sources, but for healthcare workers it can be related to the pandemic.

Signs of burnout can include:

- Exhaustion and fatigue without much relief
- Lashing out at others
- Headaches and muscle pains
- Changes in how you eat or sleep
- A feeling of being helpless or trapped
- Feeling detached
- Low motivation, increased apathy and procrastination
- Withdrawal from responsibilities and loved ones



Recognize the symptoms of stress you may be experiencing and seek help.

MemorialCare Select Health Plan is here to remind you of the many resources that are available to you to help you care for your mental health.

- SilverCloud: a clinically proven online platform with programs that build resilience and give you the skills to manage stress and sleep issues. **To learn more and sign up, click [here](#).**
- Virtual Support Groups: There are several support groups formed covering a variety of topics. All groups are free and are virtual. For more information and to register, **visit [here](#).**

Need Additional Support?

Visit [here](#) to view more mental health resources.

MCSHP.org



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