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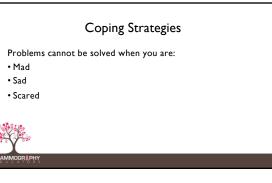
Burnout may be the result of unrelenting stress, but it isn't the same as too much stress. Stress, by and large, involves too much: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine, though, that if they can just get everything under control, they'll feel better. Burnout, on the other hand, is about not enough. Being burned is feeling empty, devoid of motivation, and beyond caring. Burnout often means no hope of positive change. If excessive stress is like drowning in responsibilities, burnout is being all dried up. While you're usually aware of being under a lot of stress, you don't always notice burnout when it happens. The symptoms of burnout — the hopelessness, the cynicism, the detachment from others - can take months to surface.



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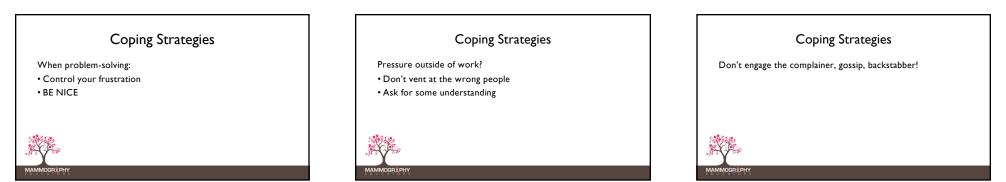
	Stress	Burnout
	Characterized by over- engagement	Characterized by disengagement
	Emotions are over-reactive	Emotions are blunted
	Produces urgency and hyperactivity	Produces helplessness and hopelessness
	Exhausts physical energy	Exhausts motivation and drive, ideals and hope
	Leads to anxiety disorders	Leads to paranoia, detachment, and depression
	Causes disintegration	Causes demoralization
L.	Primary damage is physical	Primary damage is emotional
	Stress may kill you prematurely, and you won't have	Burnout may never kill you, but your life may not seem worth
	enough time to finish what you started.	living.

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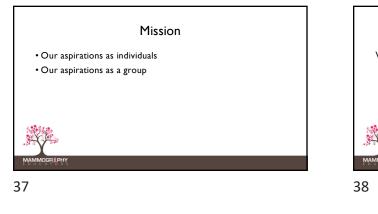


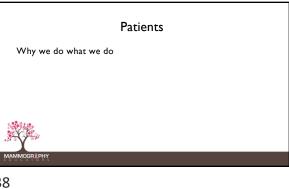


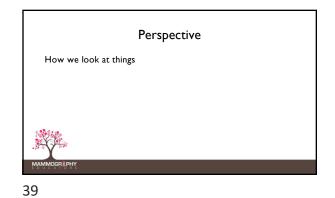


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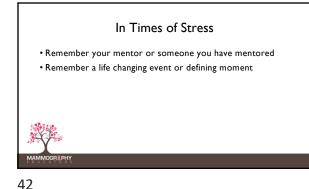
DISTORTED PERSPECTIVE

OK.....I know it's not that easy.

But at times when you need it, think of someone or something that matters to you.



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MENTORS AND MENTORING

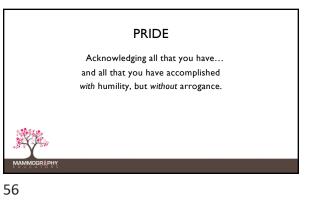
Because someone or something that produces a life changing event will change our priorities and set or redirect us on the path we were meant to take.



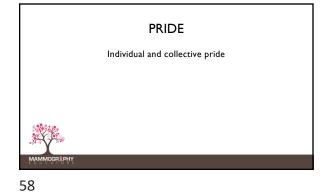












Being of service to one another, one colleague, one patient, one life at a time, one moment at a time is essentially what the role of the breast health professional is all about....



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