

M.E. at Sea 2025

Finding Balance: Self-Care for Mammographers

Dawn Derenburger, A.S., R.T.(R)(M)(ARRT)
Breast Imaging Consultant, Mammography Educators



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Objectives

- Define balance and why it's important for mammographers.
- Review data related to the burnout amongst breast imaging modalities.
- Discuss stress management techniques that promote a healthy work/life balance.



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What is Balance?

- Physical
- Emotional or Mental
- Financial
- Visual
- Audio



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Balance Defined

- The ability to maintain a steady position or the state of an account or system where components are equal or in equilibrium
- The meaning of balance depends on the context, from accounting and engineering to personal wellness and physical fitness.



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Understanding Emotional Balance

- A state of emotional or mental steadiness or calm.
- Maintaining stability in feelings and thoughts.
- Helps us cope with stress, adapt to change, and build resilience.



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Achieving Emotional Balance

- Involves self-awareness
- Effective coping strategies
- Fostering positive relationships to support overall well-being



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Causes of Emotional Imbalance

- Stress from work
- Relationships
- Major life changes
- Poor sleep and nutrition
- Medical conditions
- Trauma



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Impacts of Emotional Imbalance



- Increased stress and anxiety
- Disrupts personal relationships
- Decreases productivity, impacts work performance and daily activities



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Burnout in Medical Workers

- Nearly 46% of medical workers experience symptoms of burnout
- Emotional exhaustion
- Depersonalization
- Empathy fatigue



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Health Workers Face a Mental Health Crisis
Workers Report Harassment, Burnout, and Poor Mental Health; Supportive Workplaces Can Help

Updated Oct. 24, 2023 | [Print](#)

2x
More than double the number of health workers reported harassment at work in 2022 than in 2018.

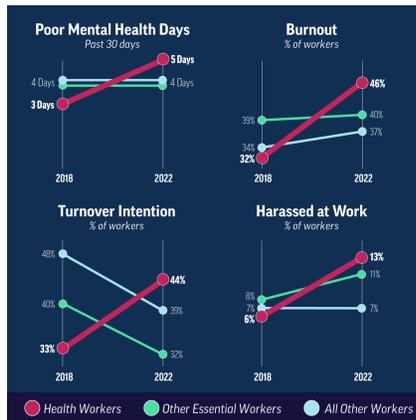
46%
Nearly half of health workers reported often feeling burned out in 2022, up from 32% in 2018.

44%
Nearly half of health workers intended to look for a new job in 2022, up from 33% in 2018.



Source: Centers for Disease Control and Prevention (2023)

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Source: Centers for Disease Control and Prevention (2023)

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Contributing Factors: Burnout in Healthcare Workers

- Increased workloads
- Long shifts
- High-stress environments
- Lack of coverage for PTO



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Contributing Factors: Burnout in Mammography Technologists

- Physical demands
- Heavy workload and pace
- Emotional strain
- Administrative tasks
- Work-life imbalance
- Staff shortages



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Physical Demands

- Positioning patients – importance of proper techniques and body mechanics
- Standing for long periods of time
- Lifting and moving equipment



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Workload and Pace

- Increased patient volumes
- Limited amount of time to complete exams
- Administrative tasks
 - Reviewing and correcting orders
 - MQSA and ACR tasks
- Staff shortages



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Emotional Strain

- Interactions with patients
- Managing patient anxiety
- Performing exams or procedures on anxious patients
- Delivery of difficult news
- Observing potential disease



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Staff Shortages

- In 2024, a total of 11,158 mammography technologists in the United States
- Job growth is expected to grow at a rate of 6% between 2018-2028
- About 17,000 new mammo tech jobs in the next decade
- Close to 53,000 active mammo positions open currently in the United States



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Mammography technician jobs over time



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Source: Zippia, Inc. (2025)

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Statistics Show...

- As of October 2024, there are 8,931 certified mammography facilities in the United States, according to the FDA.
- These house a total of 26,539 accredited mammo units.
- About 40 million screening mammograms are conducted in the United States each year.
- Based on a 2018 study, 8.7 million diagnostic mammograms are performed yearly.



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The Bottom Line

Mammography has helped reduce breast cancer mortality in the United States by nearly **40%** since 1990!



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Let's Do the Math

48 million mammograms / 11,158 techs =
Nearly 4,300 mammograms per tech per year!!!

Are you surprised?



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Effects of Burnout

- Compromised patient care
- Negative patient experience
- Increased medical errors
- Decreased job satisfaction
- High turnover rates
- Staff shortages



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*As Medical Workers/Mammographers...
We are trained how to take care of others,
but not how to take care of ourselves...*



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Self-Care Is Mandated by the ANA Code of Ethics

The fifth provision of the American Nurses Association's Code of Ethics states : that the moral respect that nurses extend to all human beings "extends to oneself as well: the same duties that we owe to others we owe to ourselves."

- These duties include the responsibility to:
- Promote health and safety
- Preserve wholeness of character and integrity
- Maintain competence
- Continue personal and professional growth



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Source: American Nurses Association (2024)

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Why is self-care important?

- Maintains physical, mental, and emotional well-being
- Stress management
- Prevent burnout
- Promotes a healthy work-life balance
- Improves overall job performance
- Personal satisfaction



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Steps to Preventing Workplace Burnout

- Recognizing the signs of burnout amongst ourselves and our co-workers
- Creating supportive work environments
- Workload management and breaks
- Promote self-care and stress management



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What does burnout feel like?

- Emotional or physical exhaustion
- Depersonalization
- Empathy fatigue



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What does burnout look like?

me? cynical?



- May appear drained emotionally/physically
- Lack of motivation or energy
- Portray signs of detachment amongst co-workers
- Cynical attitude
- Decrease of quality in their interactions and care



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How do we overcome burnout?



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Create a Positive Work Environment

- Open communication
- Employee recognition
- Supportive network and community
- Team building activities
- Opportunities for growth
- Encourage a healthy work/life balance



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Workload Management

- Ensure manageable workloads
- Adequate staffing
- Recognizing when it's time to take a break



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How Self-Care Strategies Benefit Us

- Help restore and strengthen us physically and emotionally
- Reduces stress
- Prevent burnout
- Enhances our productivity
- Foster better relationships
- Allows us to better manage life's challenges



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How do I incorporate self-care into my life?



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Make **Yourself** a Priority!!!

“Self-care is NOT selfish... it’s a necessity!”



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Areas of Self-Care

- Physical
- Mental and Emotional
- Social
- General



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Physical Self-Care

- Incorporate exercise
- Walking
- Hiking
- Yoga
- Grounding



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Physical Self-Care

- Nutrition
- Balanced Meals
- Hydration



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Physical Self-Care

Aim for 7-9 hours of quality sleep each night.



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Physical Self-Care

- Relaxation
- Take time for yourself with a short walk during lunch, or just step outside for some fresh air
- Relaxing bath
- Schedule a massage/pedicure/facial
- Spa day
- Acupuncture



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Mental and Emotional Self-Care

- Mindfulness
- Meditation
- Breathwork



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What is **Mindfulness**?

The practice of being fully present and aware of your current experience – without overreacting or getting lost in thoughts.



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Benefits of Mindfulness

Mindfulness enhances focus and performance, reduces stress, deepens self-insight, and fosters compassion toward oneself and others.



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How to Practice Mindfulness

- Meditation
- Deep breathing or breathwork
- Practice being in the moment
- Journaling



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Mental and Emotional Self-Care

- Participate in creative activities
- Take a cooking class or paint class
- Dance
- Listen to music or attend a sound bath



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What is a Sound Bath?

A sound bath is a therapeutic and meditative experience where participants lie down and are immersed in the sounds and vibrations from instruments like singing bowls, gongs, and chimes.



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Benefits of Sound Baths

- Induce deep relaxation
- Reduce stress
- Improve mood
- Promotes sense of well-being by synchronizing with the body's natural rhythms



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Benefits of Sound Baths

Vibrations stimulate the body's **parasympathetic nervous system**, which is responsible for the "rest and digest" response, counteracting the "fight or flight" mode.



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Click Link to Watch



<https://www.youtube.com/watch?v=lt83KIZ61I0>



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The National Centre for Biotechnology Information reviewed 400 published scientific articles on music as medicine.

It was found that there was, “strong evidence linking music with mental and physical health benefits that can improve mood and reduce stress.”



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Research published in the Journal of Evidence-Based Integrative Medicine found that an, “hourlong session helped people reduce tension, anger, fatigue, anxiety, and depression while increasing a sense of spiritual well-being”.

People who had never practiced sound meditation experienced significantly less tension and anxiety afterward, as well as those who had done it before.



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Mental and Emotional Self-Care

- Practice gratitude
- Set an intention for the day
- Tell yourself positive affirmations
- Create a miracle morning
- DISCONNECT!!!



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I am strong, I am
invincible, I am woman.

Helen Reddy

@actonomy



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Mental and Emotional Self-Care

- Set goals (long-term and short)
- Create deadlines to meet your goals
- Manifesting



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Social Self-Care

- Connect with friends and family
- Join a social club
- Use your support systems when needed
- Don't be afraid to ask for HELP!!

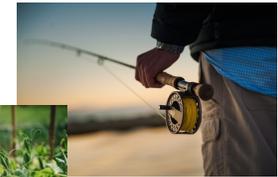


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General Self-Care

Reunite with that hobby you used to love or find a new one.



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MOST IMPORTANTLY!!!



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Thank You!

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619-663-8269

mammographyeducators.com

info@mammographyeducators.com



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