

A Bridge Through Burnout: Prevention Tools to Help You Restore Your Joy in Medicine

By Lindsey Hanlon, M.S., CPH
Program Coordinator, LifeBridge Nebraska

Burnout manifests itself differently in everyone. Some experience a decreased sense of joy in their profession, increased workload, skipping meals and rest breaks, and feelings of decreased accomplishment. Others suffer from reduced sleep, emotional exhaustion, social withdrawal, become easily offended, tension, or increase in substance use. If any of these resonate with you, you are more than likely in the majority of how your peers and colleagues are feeling. Burnout is not a permanent condition. Rather than accepting this is normal for physicians to experience as “part of the job”, we need to begin moving past burnout and working towards restoring physicians’ joy in medicine.

LifeBridge Nebraska gives physicians the opportunity to take a proactive approach to their overall health and wellness before symptoms progress to more serious conditions. We go to the doctor when we feel physical stress or illness to prevent progression to a more serious issue, so why would we not go when we are feeling emotional stress? The LifeBridge coaches are Nebraska physicians themselves who have experience working with peers to help overcome feelings of burnout.

As a new program, people often wonder what it is that LifeBridge does. Below are some of the common questions and answers.

Why would I participate in LifeBridge?

We all need someone to talk to about stress in our lives and physicians are no different. Whether it is creating balance between work and personal life, handling your first litigation, struggling with EHRs, making a career transition, or feeling overworked and cynical in today’s environment, connecting with a peer helps prevent these issues from further progressing to affect your overall health and well-being. LifeBridge provides a free and confidential environment for you to do so. With no employer-

referral or diagnosis, you can be assured that conversations stay between you and your LifeBridge coach.

Who can utilize the program?

LifeBridge Nebraska is currently offered free of charge to all Nebraska physicians, regardless of NMA membership status.

Is there a cost to participate in the program?

No, completely free of charge and not tied to medical records or insurance.

Can someone make anonymous referrals?

LifeBridge Nebraska is a self-referral program. While individuals can recommend someone to connect with LifeBridge, the referral must come from the physician themselves.

Will my employer find out? If I use LifeBridge, will the Medical Board know?

The LifeBridge Nebraska program is completely confidential. Utilizing a third-party call center service, physicians are connected to one of our Nebraska physician coaches. Only your coach will know your identity unless you wish to share.

* If the coach feels treatment may be warranted, they will work with the physician to connect them with someone locally in their area. LifeBridge Nebraska does not offer treatment services as this time.

How long is the program?

LifeBridge is completely adaptable for each participating physician. Unlike an EAP, LifeBridge Nebraska allows a physician to engage with their coach as many times as they need. It is also unique in that you may only need to meet for ten minutes one time and then the next session may be an hour with the flexibility of meeting virtually, by phone, in person, or even secured texting. □



If you are interested in learning tools to help you prevent burnout, call our confidential line at: 1-888-569-2036

Interested in LifeBridge Nebraska connecting with your organization?

Visit our website at www.lifebridgenebraska.org.