

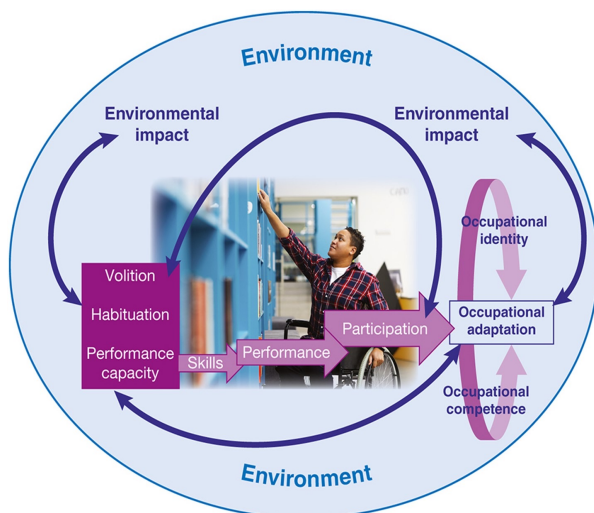
# Stressed? Burnt-out? Let's Talk About It.

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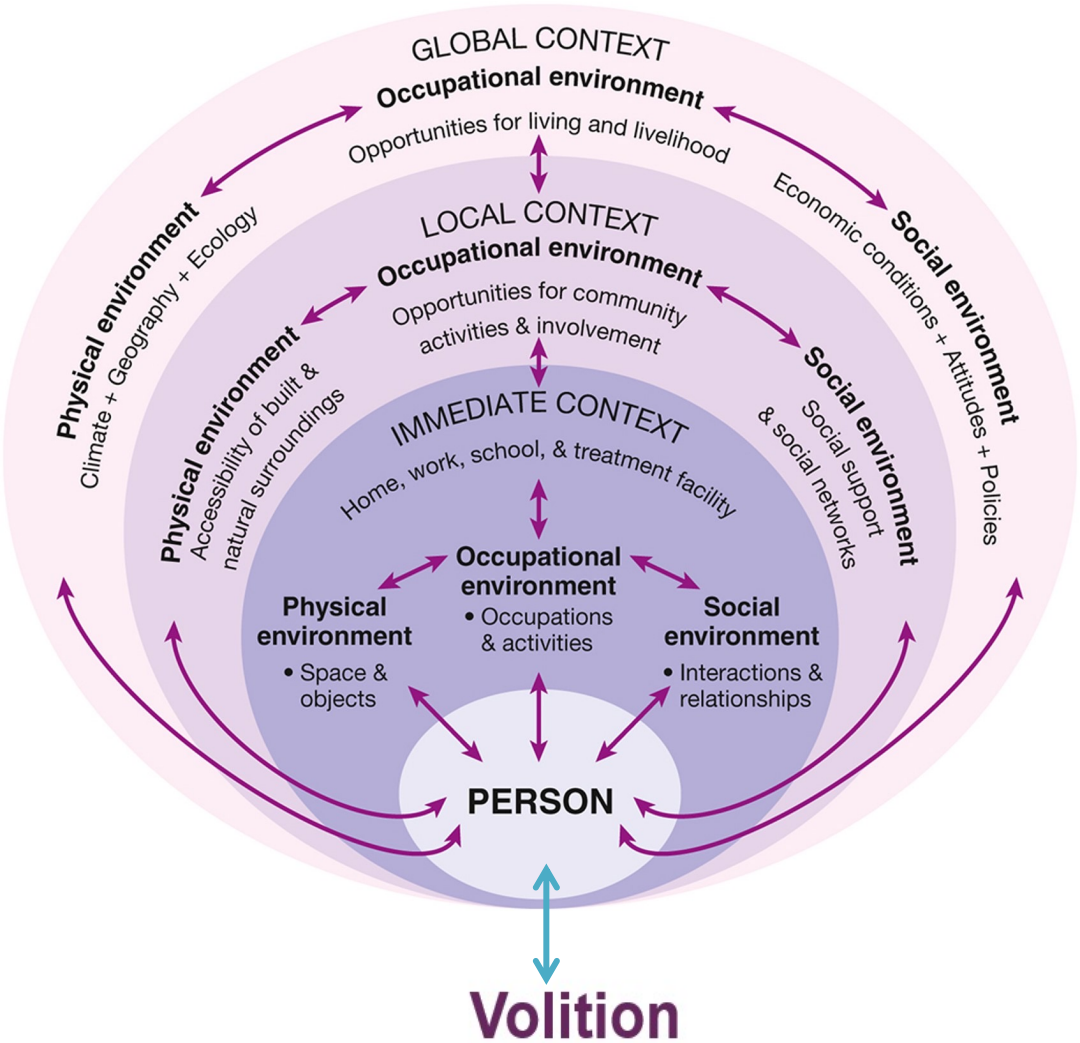
## Occupational Stress and Burnout



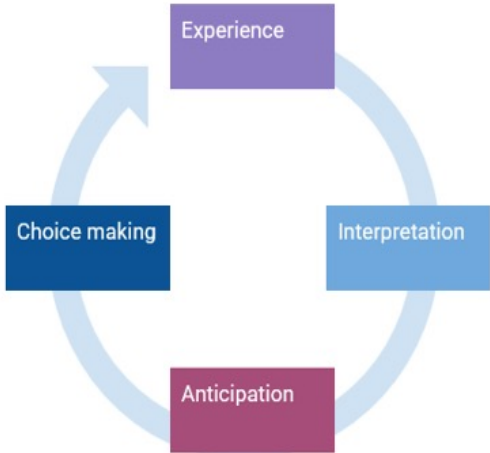
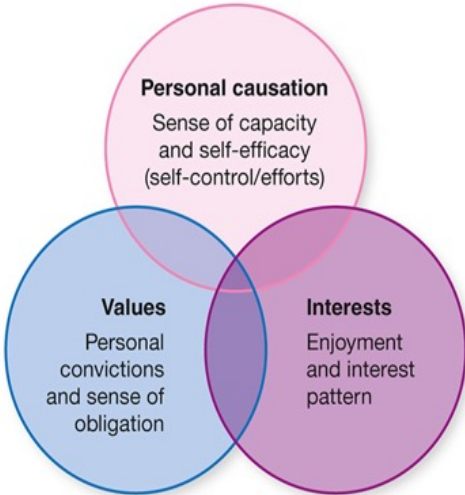
## Our Approach: The Model of Human Occupation (MOHO)



# Examining Burnout through MOHO



## VOLITION



# Addressing Burnout:

## Key Organizational Strategies

- **Promote Motivation & Autonomy**
  - Foster respect, recognition, and fairness
  - Involve employees in decisions
  - Provide flexible work arrangements
  - Ensure meaningful work & growth opportunities
- **Support Healthy Habits & Balance**
  - Manage workload effectively
  - Encourage coping strategies
  - Offer generous time off
  - Respect boundaries
- **Create a Supportive Environment**
  - Cultivate positive culture
  - Advocate for fair policies & compensation
  - Provide training & open communication
- **Reinforce Professional Identity**
  - Highlight unique value
  - Clarify roles & expectations
  - Promote leadership & specialization
- **Enhance Work Engagement**
  - Prioritize psychological safety
  - Energize workforce & foster collaboration
  - Reduce administrative burdens
- **Address Gender-Specific Needs**
  - Tailor support for unique challenges

## Strategies for Individual Therapists

- **Habits for Resilience**
  - Learn coping strategies
  - Use stress inoculation & relaxation techniques
  - Apply time-management training
- **Staying Engaged at Work**
  - Cultivate self-awareness
  - Connect to meaning & purpose
  - Manage workload effectively
  - Prioritize professional growth
  - Develop healthy coping strategies
- **Optimize Your Environment**
  - Nurture workplace connections
  - Master communication & boundaries
  - Advocate for yourself
  - Practice self-care & mindfulness
  - Create a comfortable workspace
- **Strengthen Professional Identity**
  - Emphasize OT's unique contributions
  - Build rapport through occupation focus
  - Maintain sense of purpose