

# EXTINGUISH BURNOUT

A Practical Guide to Prevention and Recovery



## Extinguish Burnout Commitment Statement to the National Academy of Medicine Action Collaborative on Clinician Well-being and Resilience

Extinguish Burnout is a program that was developed to help people identify the causes of burnout, develop the skills to prevent burnout, and recover from the pain of burnout if they are experiencing it. We are committed to supporting clinicians and healthcare organizations in eliminating burnout and improving clinician well-being.

Extinguish Burnout provides a book, online course, weekly emailed articles, and self-assessment tools which clinicians can use to best meet their needs. These offerings along with coaching sessions are also available for healthcare organizations to help change the culture of the organization and improve clinician well-being on a systemic level.

The impact of burnout is felt from the individual and grows to impact units, facilities and patient outcomes. While burnout is increasing among clinicians at an alarming rate, Extinguish Burnout is committed to helping to change these outcomes for every person impacted by burnout.

Extinguish Burnout is committed to helping clinicians and the public alike to understand the causes and factors that can lead to burnout. We are further committed to assisting clinicians in developing the resilience necessary to live a life free from the pain of burnout.

Together, with the Action Collaborative on Clinician Well-being and Resilience, we can have a significant impact on clinician well-being and resilience and make burnout among clinicians the exception rather than the norm.

Robert and Terri Bogue

Creators of Extinguish Burnout

[www.extinguishburnout.com](http://www.extinguishburnout.com)