



DR. SUSAN BIALI HAAS MD

Thrive at Work and in Life.

Breakout Session: Questions for Reflection

- 1) What do you need most in your life, right now?
- 2) Are you experiencing any of the key symptoms of burnout?
(put star* by each + note specifics)

Emotional exhaustion

Cynicism/Depersonalization

Reduced Efficacy or Accomplishment

- 3) What's something that went well for you recently at work?
(A win? A good result? Positive feedback?)

- 4) What is one significant way that your work is crossing boundaries into your personal life? (can be physical/temporal/mental)

What is one boundary management strategy you could apply to this situation?

5) What's one thing you could do, to improve your sleep?

6) Who are you closest to, to reach out to when you need help?

7) When you run into adversity or challenges, who are the people who will be there to support you?

8) Where in your life, do people miss you if you're not there?

Under what circumstances do you feel a sense of belonging?

9) What gives you a sense of purpose in your PERSONAL life?

What gives you a sense of purpose in your WORK life?

10) Make Time for What Matters Most:

1) Make a list of important life areas that you want to prioritize/make time for:

2) Star the 4 most important ones, then write down your top 4 priorities in order:

1.

2.

3.

4.

3) Put a star next to the one that is most neglected

4) What is one simple thing you can do (or stop doing) to take better care of that area?