



Are you a leader or manager  
in a long-term care home?  
Tell us your story about  
burnout!

We want to hear about **your experiences** as a leader and  
how you deal with burnout and mental distress.



### **Leading during these uncertain times can be mentally draining**

Are you experiencing any of these symptoms?

- excessive stress
- anxiety
- chronic fatigue and exhaustion
- insomnia

or other signs of physical/emotional distress.



### **Want to help find solutions? Join our study**

You can participate by:

- Helping us to develop a survey tool for provincial use to help assess burnout in long-term care (LTC).
- Identifying and prioritizing a range of personal-, organization- and system-level solutions to improve staff wellness and prevent or reduce burnout.



During these uncertain times, we would appreciate your  
**unique** insight on how to mitigate risks of  
burnout and mental distress among LTC staff.

**Help us find solutions that would improve  
the LTC work environment and promote staff wellness.**

For more information on this study, or to participate please contact:

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