

## **Minutes of Workshop “Prevention of Burnout” - Oliver Biernat**

**held in Sintra/Lisbon on 20 April 2013 from 9.00-12.10**

Due to good weather conditions the entire workshop was held outside in a garden of the hotel.

### **Participants:**

Oliver Biernat (Workshop leader), Dr. Ugo Girardi, Cornelia van Heerden, Dr. Olaf Clemens, Dr. Laszlo Tunyogi, Alan Rajah, Viviane Moro; Dr. Emilio Lorenzon, Claudio Cocca.

### **Contents:**

- All participants committed themselves that all personal matters that were issued during this workshop shall be kept secret and should not be used in any way to inform third parties. Therefore the persons who have made a statement are also not quoted in these minutes.
- Oliver distributed the first page of the St. Gallen Study (see attachment)
- In a first discussion round the participants reported about their experience with burnout so far, which comprised personal experience or experience with burnout of others (e.g. family & friends, partners & staff, clients)- not documented for confidentiality reasons
- Oliver reported about what a CPA Trainer in Germany (Dr. Farr) told at one of his last training sessions after he has read a study on burnout which comes to the following results:

#### Good for a long life is:

- + drink at least 2 liters of water per day
- + sleep on a regular base at least 7.5 hours per day
- + solve problems before going to sleep
- + take a real break during your holidays and don't work, switch of your company mobile and laptop.

#### What will reduce your lifetime by 10 years is e.g.:

- Exaggerate your body (run marathon, be in the national soccer team, etc.)
- Shift work
- In a second round the participants had to write down and report what they do you do to prevent burnout. The following suggestions came up:
  - o Have a place and time for recreation
  - o Listen to your body and doctor and realise the sign that may announce burnout
  - o Talk to friends about problems on a regular base
  - o Plan your time periods for your private life like you plan your work life
  - o Stay physically fit, but do not exaggerate (no hard work and hard sports)
  - o Use professional help in case burnout may come soon
  - o Eliminate unuseful things, delegate work/jobs
  - o If you feel s.th. is wrong, stop and think about what is wrong and try to solve it
  - o Have many anchors in life (not concentrate on one thing)
  - o Stay away from drugs, alcohol, medicine and eat regularly
  - o Sleep at regular times
  - o Have fun, regular holidays
  - o Go to a regular check-up of your body
  - o Respect boundaries and balances
  - o Relax in between working hard
  - o Complete one job before you start a new one
  - o Contact with animals (they are distressed)
  - o Solve problems
  - o Watch funny movies.
- Oliver distributed the second page of the St. Gallen Study (see attachment)
- Oliver thanked the participants and closed the workshop.