

# To Hell and Back: Rethinking Self-care

Matt Bennett, MA, MBA

Denver, CO

[matt@optimalhrv.com](mailto:matt@optimalhrv.com)

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# Leading Professions for Burnout

1. Physicians
2. Nurses
3. Social work/social services
4. Teachers
5. Principals

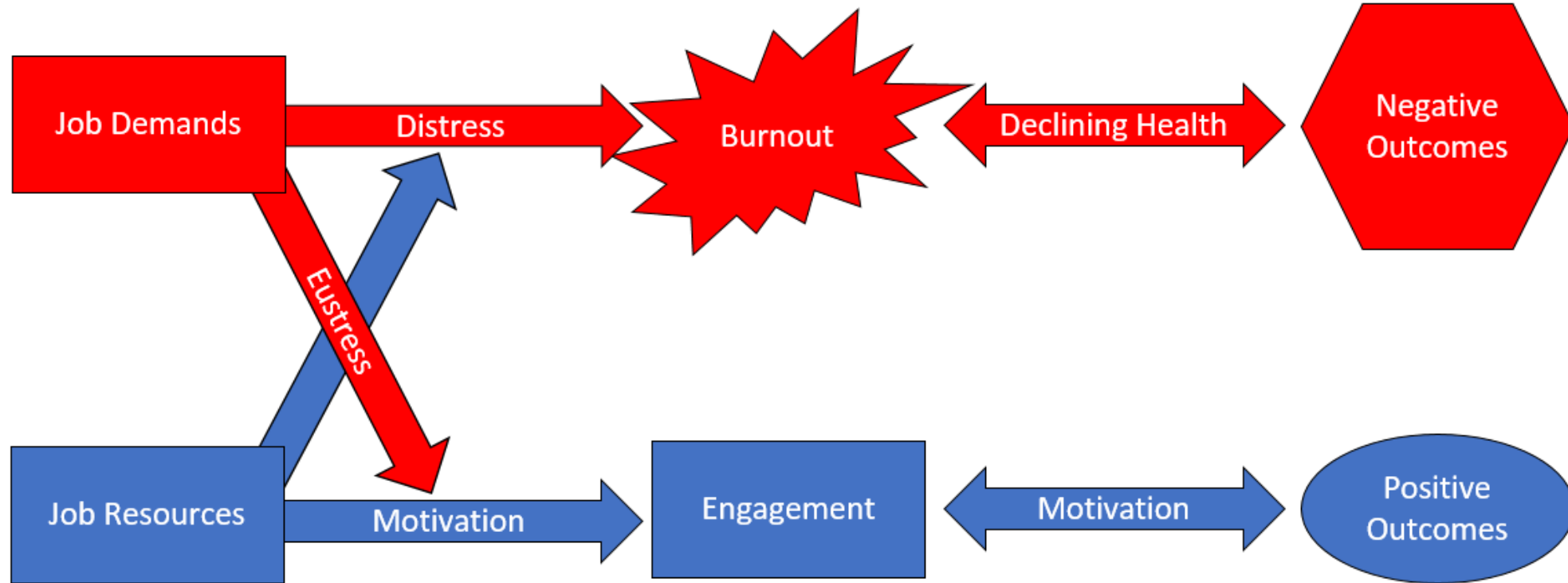


# The Death Nail of Self-care

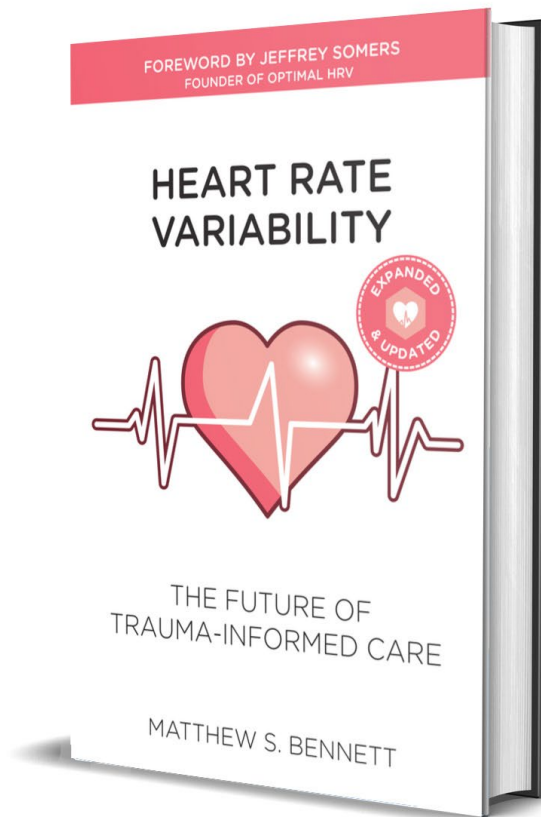
- Unfair (not backed by research) to burnout and traumatize people at work and expect them to take personal time to recover
- Burnout is the failure of the “employee” health on their self-care and ignores organizational factors
- We sit with the dilemma
  - Personal behavior improves resiliency and performance
  - Organizational factors can either destroy or support resiliency and performance



# Job Demands & Resources Model



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- [matt@optimalhrv.com](mailto:matt@optimalhrv.com)
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