

BURNOUT TO BALANCE:
BUILDING YOUR WELLBEING BLUEPRINT

The Missing Link in Nurse Wellbeing Isn’t More Resilience... It’s Insight.

Nursing THE NURSE

DISCLAIMER

By staying in the session, you consent to being recorded. If you'd like to ask a question during the Q&A, please know that your voice (and video if your camera is on) may be included in the recording.

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WHY ARE WE HERE?

Burnout is something we see all too often in nursing.
NPAA and Nursing the Nurse have teamed up to provide you with this valuable session because we get it!

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Nurses Professional
Association of Australia

LEARNING OBJECTIVES

By the end of this webinar, participants will be able to:

- Define burnout in nursing, including its impact on personal wellbeing, patient safety, and professional sustainability.
- Recognise the limitations of generic stress-management strategies and why nurse-specific approaches are required.
- Identify the 7 essential wellbeing domains and self-assess current strengths and challenges using the Mini Wheel of Life framework.
- Apply micro-actions to address imbalances and support sustainable improvements in wellbeing and practice.
- Reflect on how integrating wellbeing strategies enhances professional performance, resilience, and patient care outcomes.

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WHAT IS BURNOUT?

- “a syndrome resulting from chronic workplace stress that has not been successfully managed.”

- THE WORLD HEALTH ORGANISATION



It includes

- feeling exhausted,
- overwhelmed, and
- feeling negatively about work.

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THE STATS ARE IN!

Burnout rates remained high from 2020 – 2022
(80% in 2020, 84% in 2021 and 86% in 2022)

Of the healthcare workers experiencing burnout:

- 93 per cent report feeling tiredness and fatigue
- 74 per cent feel overwhelmed, anxious, or fearful
- 68 per cent struggle with sleep problems and lack of energy to participate in socialising

- MENTAL HEALTH AUSTRALIA
(ANNUAL HEALTH PROFESSIONALS SURVEY)

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FROM RUNNING ON EMPTY… TO CREATING WORK-LIFE HARMONY

Why I had to stop pretending I was ‘fine’



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BALANCE VS. HARMONY

- 50 : 50 doesn’t work
- Creating *harmony*, rather than *balance* allows for individualisation

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WHY TRADITIONAL STRESS MANAGEMENT FAILS NURSES

- Burnout = “stuck stress response cycles.” (Emily Nagoski)
- Nurse burnout directly affects patient safety. (ACN, 2021)
- Stress recovery requires completing the stress cycle (Nagoski & Nagoski, 2019).
- Poor nutrition, erratic sleep, and emotional suppression worsen burnout (Khamisa et al., 2017).

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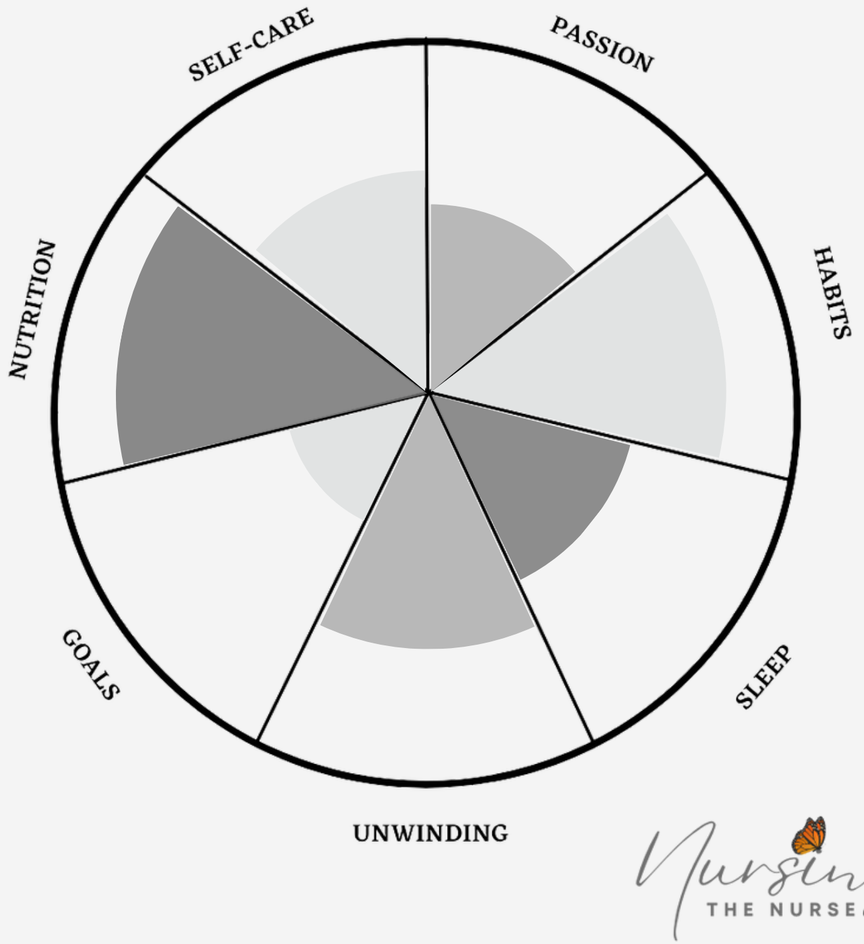
THE 7 DOMAINS OF NURSE WELLBEING

1. **Unwinding** - leaving work at the door
2. **Self-Care** - more than just taking a bubble bath
3. **Sleep** - shift work, sleep hygiene, routine
4. **Nutrition** - blood sugar control, impact of shifts
5. **Habits** - movement, binge eating, how we ‘show up’
6. **Passion / Purpose** - reconnecting, what’s your *why*?
7. **Goals** - where are you going?

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MINI WHEEL OF LIFE FOR NURSES

Your personal map of wellbeing.



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SMALL ACTIONS CREATE SUSTAINABLE CHANGE

Small steps done consistently beat burnout every time



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KNOWLEDGE ISN'T TRANSFORMATION.

We all need support + accountability.

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INTRODUCING: THE HOLISTIC HUDDLE *Beta*

7 Core Wellness Categories

1. Nervous system regulation & trauma-informed care
2. Self-awareness & self-care practices
3. Burnout, stress, and emotional overload
4. Post-shift decompression & rituals
5. Physical, emotional, & spiritual energy management
6. Hormonal support & weight loss strategies
7. Movement, somatics, confidence & communication

Self-Paced

Monthly Live Huddles &

Exclusive Members Hub

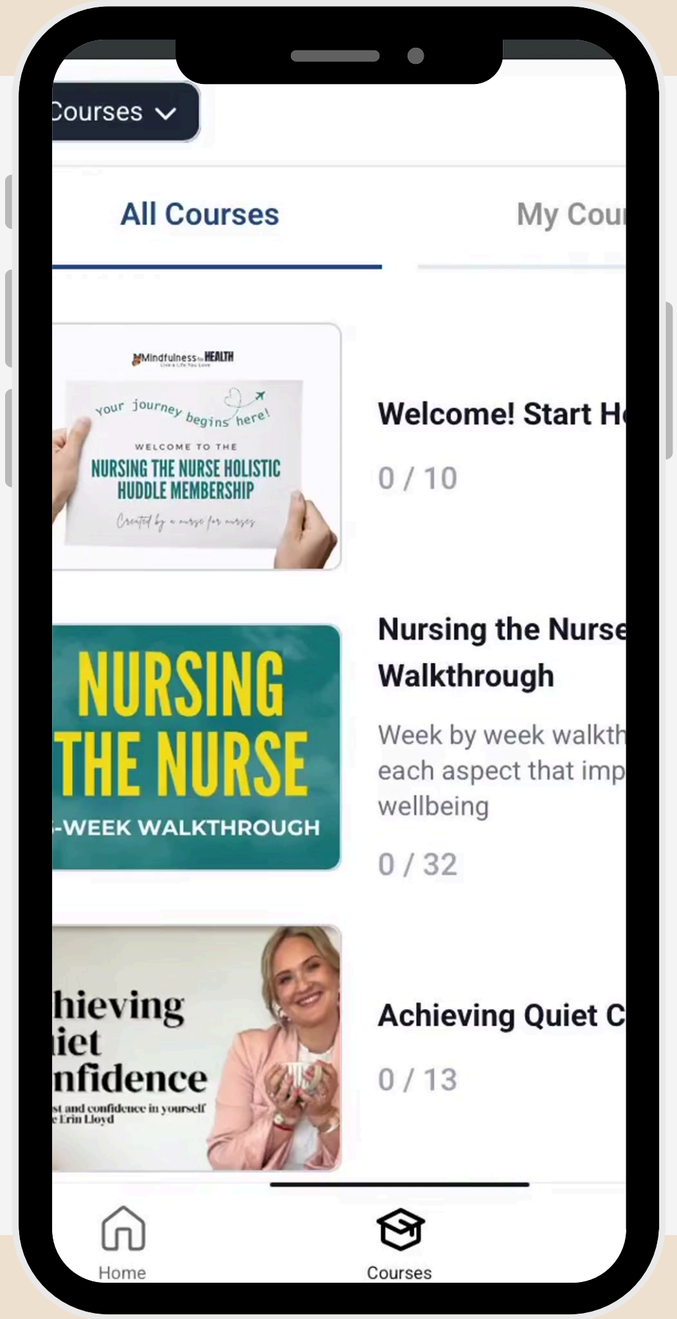
Plug-and-Play Tools

- Shift-Smart Meal Plans
- Guided Meditations
- Printable Planners, Journal Prompts, & Habit Trackers
- Mini Movement Sessions

Expert Guidance from 7 Specialists

- Jeanelle Classen (Nursing the Nurse & Mindset Expert)
- Sarah Yagmich (Physiotherapist & Pilates)
- Dr JoNeil Conley (Workplace Bullying/'Bullyologist')
- Body Balance Nutrition (Blood Sugar & Weight Loss)
- Evelyn Kennedy (Reproductive Health)
- Trish Gent (Nervous System Regulation)
- Jesse Glaze (Somatic Healing)

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INSIDE THE HOLISTIC HUDDLE *Beta*

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INTRODUCING: THE HOLISTIC HUDDLE

Beta

- 7 Core Wellness Categories
- Plug-and-Play Tools
- Monthly Live Huddles & Q&A
- Exclusive Members Hub
- Self-Paced
- Expert Guidance from 7 Specialists

FIRST 30-DAYS FREE

LINK BELOW

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Q&A

Your questions matter

SCAN HERE TO ACCESS

THE HOLISTIC HUDDLE APP



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EXCLUSIVE OFFER

Only available to webinar attendees

YOU'LL BE CONTACTED ONCE YOUR ATTENDANCE HAS BEEN CONFIRMED.

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Nurses Professional Association of Australia

YOU DESERVE TO THRIVE,

not just survive.

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@nursingthenurseau

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