

THE R.U.R.A.L. HOSPITAL ROADMAP

Reframe. Unearth Opportunities. Readjust. Act. Learn.

The Mojo Snowball:

Top 4 Ways to Burnout Recovery



Doug Morse, MBA, MHA
www.ruralzealot.com



Sure, resolving burnout takes changes to your job, team, or organization.

But there are steps you can take on your own.





Sounds simple, but what will that look like?

What will you do?
In what order?
When?

We call this process
the Mojo Snowball.



Burnout Recovery: The Mojo Snowball

Invest
in
Yourself

See from
a
Different
Angle

Seek Out
Connections

Get
Clarity at
Work



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The Mojo Snowball is a burnout recovery and prevention strategy.

You take steps *first for yourself* and *then organizationally*,

Gaining momentum as you go.





The momentum helps you get your mojo back.

Like a snowball rolling down a hill.

As you feel progress,
others notice and feel the positive energy.

Everyone gets a boost.





Step 1

Invest in yourself first.





Commit to the person in the mirror:

Good sleep.

Nutrition.

Nature.

If needed, log your time.

Limit your exposure to energy vampires.

Commit and calendarize activities to boost your mood.





Step 2

See from a different angle.





Let's face it:

Self-care won't remove
the insane demands
on a rural healthcare leader.

So it's time for a mindset shift.





Reflect on your situation:

*What is truly fixed,
and what can you change?*

What can you delegate?

What can be cut from your list?

Ask a trusted confidant
if needed.





Step 3

Seek out Connections.





Rich, interpersonal relationships
may be the best antidote
to burnout.

Because
we all need someone to lean on.

But how do you do this?

Especially in a small town?

Well, I'm going to show you.





Here are three decades squashed into
8 lines:

Find people to share your whole self.

Initiate.

Be authentic.

Share personal stories.

Regularly check-in.

Show appreciation.

Discuss boundaries,
and respect them.





Step 4

Get Clarity at Work.





Hospital leaders face challenges
from all directions.

It's easy to feel
spinning in a whirlwind

and lost in fog

at the same time.





Ever wish you had
a unique instruction manual?

Something to show you

where to focus,
your progress,

how to rally stakeholders,

and the difference you are making?





When you understand
effective strategy,

this is easy.





Because effective strategy:

helps you unearth
unique characteristics of your organization

tells you what to do

informs you what not to do

So you get the ***right things*** done.



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If you want regular strategy and leadership insights to help you get your mojo back and tame the rural hospital whirlwind, follow me on LinkedIn.

Don't forget to check out the fast, effective C.A.H. Cards in the featured section -- get the strategy information you need, when you need it!

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