



# The Burnout Prevention Checklist

Burnout in behavioral health isn't just a personal issue—it's a leadership challenge. Creating a culture of support and resilience starts with actionable strategies. Use this checklist to guide your team toward a healthier, more engaged workplace.

## 1. Listen and Learn



- Conduct regular staff surveys to uncover pain points.
- Host open forums to hear concerns and suggestions directly.
- Act on feedback to build trust and show commitment.

## 2. Streamline Workflows



- Invest in integrated technology to eliminate inefficiencies.
- Simplify administrative tasks to free up staff time.
- Standardize processes to reduce unnecessary complexity.

## 3. Prioritize Growth



- Fund professional development opportunities for staff.
- Offer clear career progression paths.
- Provide bite-sized training options embedded into daily workflows.

## 4. Foster a Culture of Support



- Model self-care: Take time off, set boundaries, and be transparent.
- Promote psychological safety by encouraging open, honest communication.
- Celebrate achievements and recognize hard work regularly.

## 5. Build Connection



- Hold team-building activities to strengthen bonds.
- Ensure staff feel valued and connected to your organization's mission.
- Cultivate collaboration across departments with tools and resources.

Want to go further?

Check out our [State of Behavioral Health: 2025 Outlook](#) or watch our recent [webinar with Behavioral Health Tech.](#)

