


Burnout, Culture, and the Unraveling of the American Dream

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According to a Deloitte survey, **77% of U.S. professionals have experienced burnout** at their current job. Other studies report as many as **up to 88%** experiencing it at some point.



Overall, burnout threatens the general population, not only medical employees. It is a positive finding that over the years, there has been an **increasing trend in awareness** about burnout. (NIH)

- Over the years (2014 to 2020), knowledge about burnout syndrome has risen by almost 8% (In Czech Republic specifically)

What is Burnout?

- Exhaustion
- Cynicism
- Inefficacy



Burnout syndrome is a state of long-term work exhaustion that manifests on three levels: cognitive, physical and emotional. (NIH)

Burnout in the US v Czech Republic



Burnout Syndrome Pilot Project

Exploring tools for early intervention and workplace health

- Mental Health Support
- Anonymous Digital Access
- Organizational Buy-In



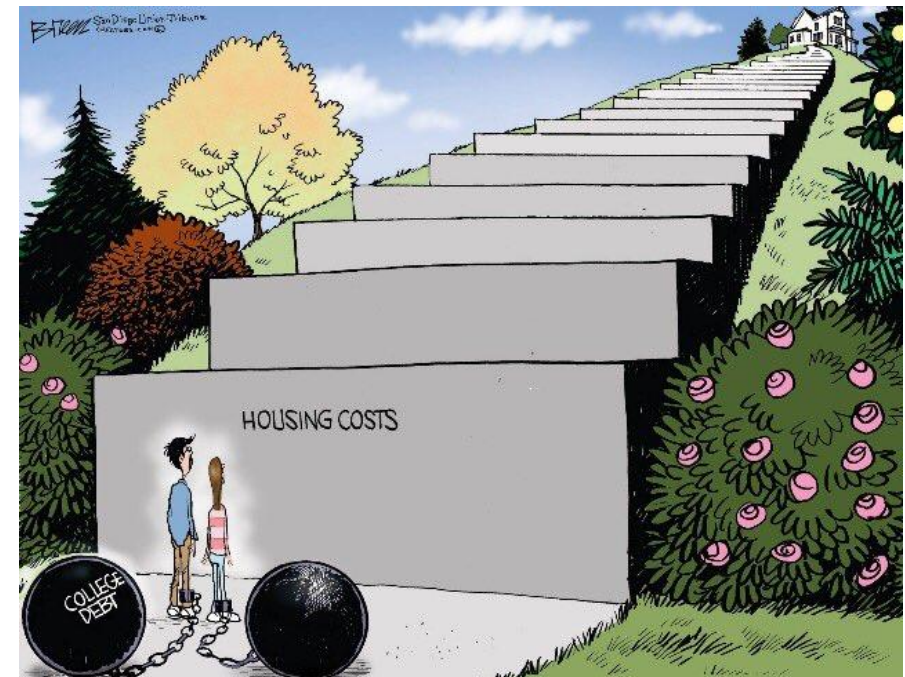
The Myth of the American Dream



The American Dream is unattainable

Working hard does not always mean getting ahead. For many, it's not that simple.

What is the American Dream? Why is it unachievable?



Next Steps: Prevention Requires Cultural Change

There are some steps individuals can take to alleviate burnout syndrome, but change needs to be made at the organizational/cultural level for the most effective prevention possible.



10 tips to help
Prevent Burnout

1 Recognise Early Signs
Regularly assess how overwhelmed, effective, and productive you feel.

2 Seek Support
If you feel overwhelmed or struggling, reach out for help.

3 Prioritise Sleep
Sleep supports healthy brain function, emotional health, and improves decision-making and creativity.

4 Engage in Regular Exercise
Exercise releases feel-good chemicals in the brain and has been shown to reduce symptoms of depression.

5 Healthy Diet
Eat a balanced diet to support both mental and physical health.

6 Boost Your Mood
Actively work on shifting your mood towards positivity.

7 Create a Mood-Boosting List
This could include listening to music, taking a walk, watching a funny video, or connecting with friends.

8 Set Boundaries with Work
Avoid working late consistently and resist the urge to answer emails after hours.

9 Do the things that make you feel good more often
Consciously focus on what uplifts you.

10 Monitor Your Emotional Health
Check in with yourself and take proactive steps to address any negative feelings before they escalate into burnout.

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Summary + Closing



- Burnout is a widespread, complex issue impacting all cultures.
- The “American Dream” can fuel burnout by creating impossible expectations.
- Digital tools offer promise but they are only part of the solution.
- Real change requires organizational and cultural shifts.

Thank you!

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Sources

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