

Compliance Today – October 2019 Conquering burnout

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“Burnout” is a topic we have discussed before in this column, but it is such a potentially damaging condition, it’s time to discuss it again. Jobs that are demanding and a work environment that is continually stressful without any end in sight, coupled with family/personal stress, take their toll on our emotional well-being. Our jobs as compliance professionals are stressful, and change and new challenges are occurring every day. What are the things we can do to prevent burnout and remain balanced in our emotional selves so that we can address issues that come along in a balanced manner?

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