

i matter.

Veterinary Wellness: Burnout, Empathic Stress, & Imposter Syndrome

All of us experience difficult times. But consistently experiencing some of the following symptoms may be a sign that you're struggling.

Am I burnt out?

Feeling emotionally, physically, and mentally exhausted and caring less about your clients and patients could indicate that you are burnt out.

Over 1/3 of surveyed Canadian veterinarians were experiencing burnout in 2017.



Feeling like an imposter?

Imposter syndrome is the feeling of self-doubt. It relates to you feeling like you don't belong, that you don't know what you are doing, or that you only got this far by "faking it".

Imposter syndrome is common, particularly amongst recently graduated veterinarians.

I Matter is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

Visit www.i-matter.ca

Wellness. Resilience. Care.



Am I experiencing compassion fatigue/empathic stress?

Stress we feel as caregivers when we see our clients and patients experience pain, distress, and grief leads to compassion fatigue, or empathic distress.

Veterinary medicine is one of the top three professions experiencing secondary traumatic stress.



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