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.**

**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._

_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.

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