



# Mental Health Matters

*Caring for the Caregivers*

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Chair of WHO-EMRO Youth Council MHWG



16<sup>th</sup> & 17<sup>th</sup> April 2025



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## Raise your hand!

If you've ever felt exhausted, stressed,  
or overwhelmed at work.

Keep it raised if that was just this  
morning!







# Why Mental Health is Crucial for Healthcare Workers

- **The Reality of Burnout**
- **Impact on Patient Care & Safety**
- **Personal Well-being & Job Satisfaction**



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# The Reality of Burnout

- **WHO recognizes burnout as an occupational phenomenon.**
- **Symptoms: Emotional exhaustion, depersonalization, and reduced personal accomplishment.**
- **Statistics: Nearly 50% of healthcare workers experience burnout.**







# Impact on Patient Care & Safety

- **Decreased cognitive function, increase medical errors, and reduced patient satisfaction.**
- **Case studies showing the ripple effect of stressed caregivers.**







# Personal Well-being & Job Satisfaction

- Higher rates of **anxiety**, **depression**, and even **SUICIDE** among healthcare professionals.
- The importance of work-life balance & self-care.



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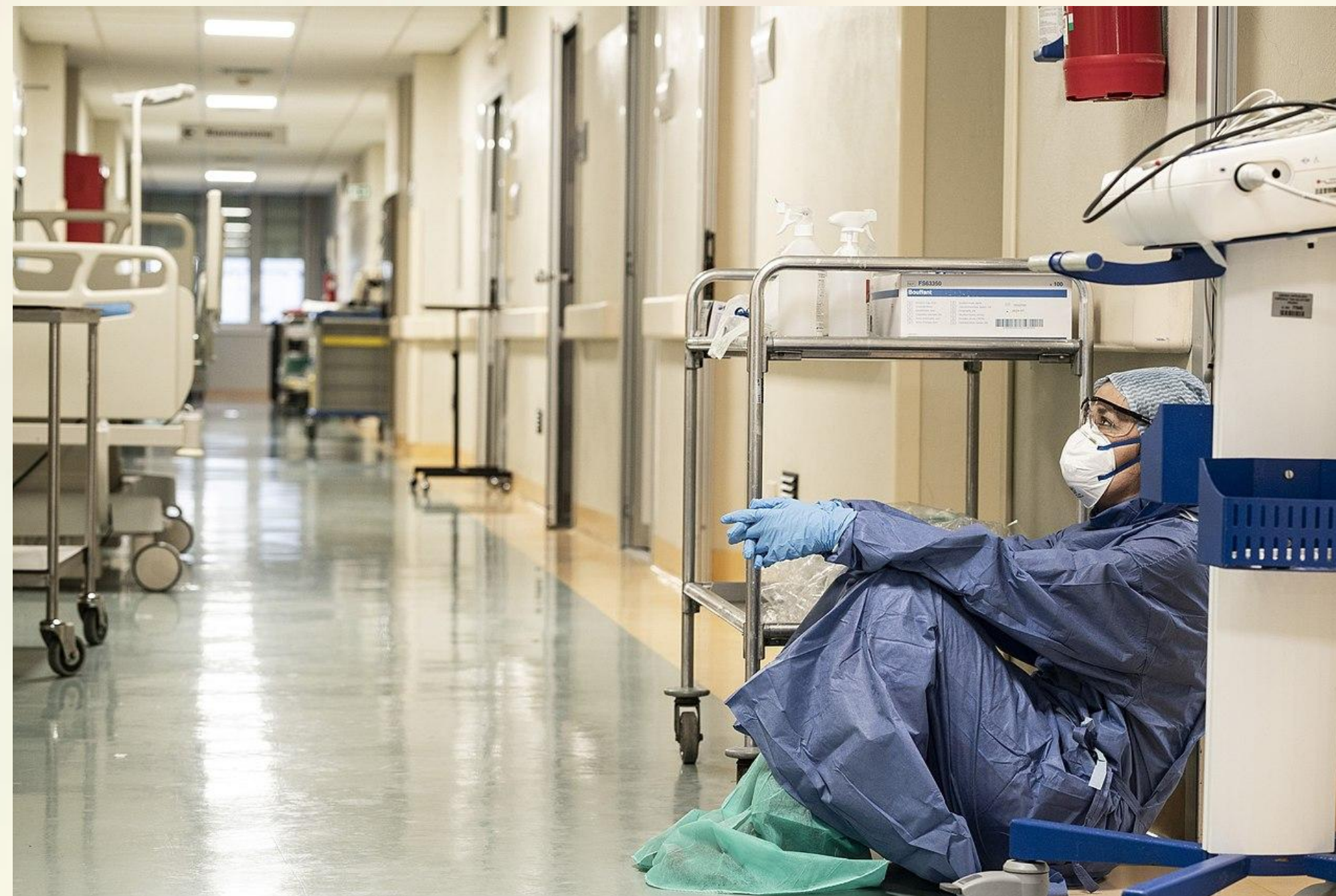


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# Understanding the Stressors in Healthcare



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# Stressors in Healthcare

- **High Workload & Long Hours:** Who needs sleep when you have adrenaline?
- **Emotional Burden:** Dealing with life and death situations daily.
- **Lack of Support & Stigma:** Fear of being judged for seeking mental health help.
- **Workplace Challenges:** Understaffing, administrative burdens, and bureaucracy.
- **Post Graduate Studies:** 😊





# Strategies to Protect & Improve Mental Health



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# Self-Care Strategies

- Prioritize sleep, nutrition, and exercise.
- Mindfulness & relaxation techniques (guided breathing exercise for 30 seconds).
- Setting boundaries: No, you don't have to answer emails at 3 AM!



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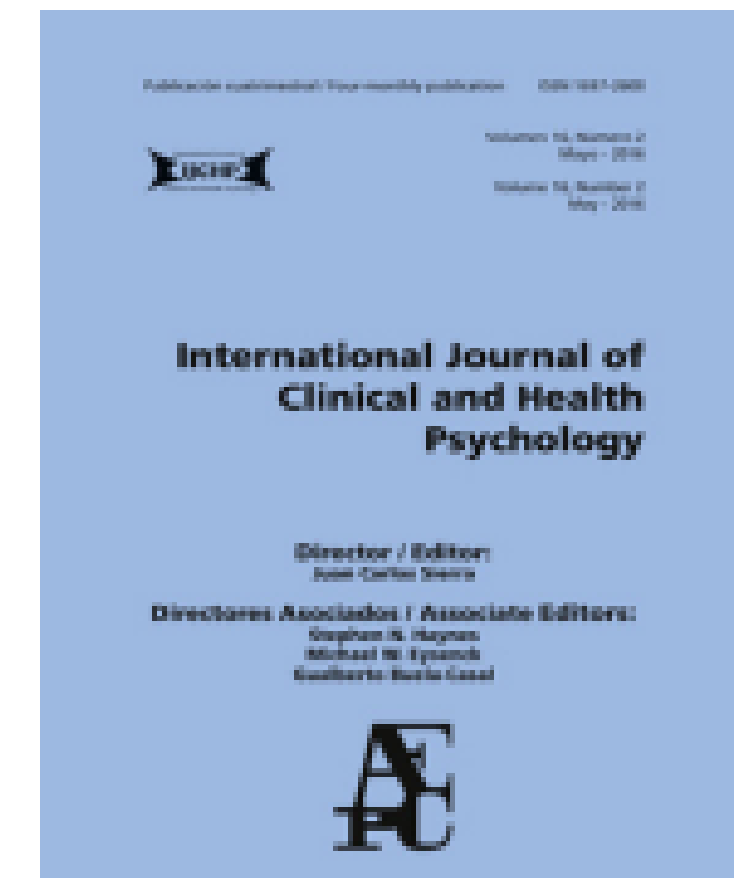






# International Journal of Clinical and Health Psychology

[www.elsevier.es/ijchp](http://www.elsevier.es/ijchp)



## ORIGINAL ARTICLE

# Reducing stress and promoting well-being in healthcare workers using mindfulness-based cognitive therapy for life



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# Organizational Support

- Hospitals & clinics need to foster a culture of mental health awareness.
- Employee Assistance Programs (EAPs) and peer support groups.
- Leadership's role in preventing burnout.



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# Seeking Professional Help

- Therapy and counseling should be normalized.
- Confidential resources and mental health hotlines for healthcare workers.



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# Teamwork & Workplace Culture

- Promote open conversations about stress.
- Buddy systems & peer check-ins.
- Laughter as medicine—encourage lighthearted moments at work.



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# IHI Framework for Improving Joy in Work





1. Encourage leadership.
2. Policy changes.
3. Personal commitment to mental health.





# What's one thing you do to relieve stress?



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# What's one thing you do to relieve stress?

**Emotion Ventilation**



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# Taking Care of Those Who Care: Attending Psychological Needs of Health Workers in a Hospital in Madrid (Spain) During the COVID-19 Pandemic

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**Remember, taking care of yourself is not selfish.**

**it's like putting on your oxygen mask first!**



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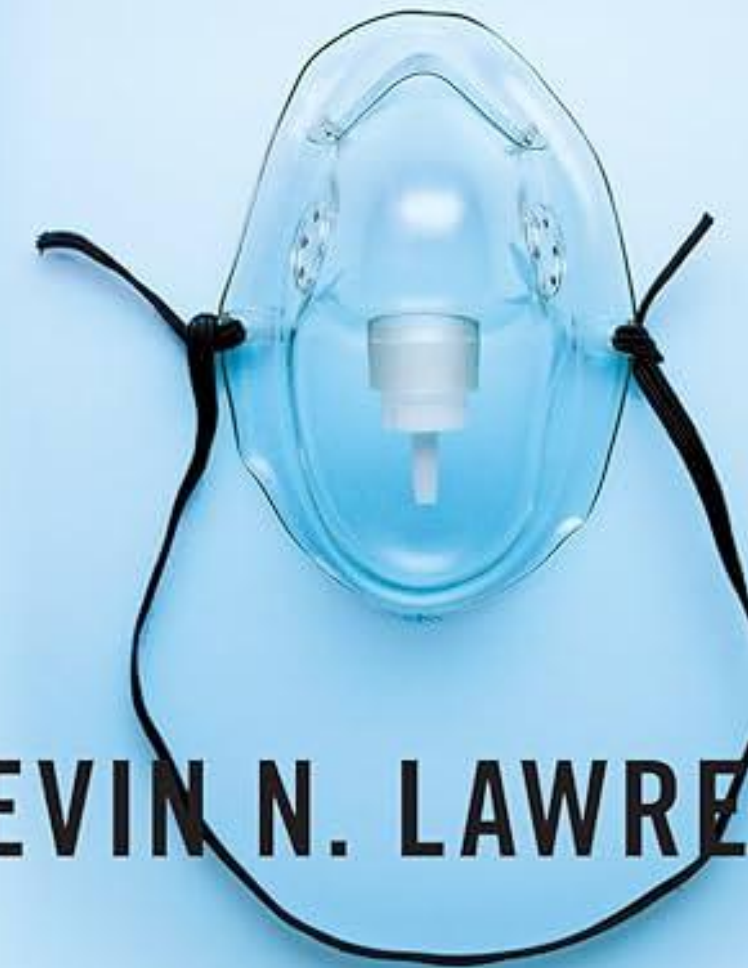
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**17** HABITS TO HELP HIGH ACHIEVERS  
SURVIVE & THRIVE IN LEADERSHIP & LIFE

# YOUR OXYGEN MASK FIRST



"A stark reminder that  
you can't take care of  
business until you first  
take care of yourself."  
—LIZ WISEMAN,  
bestselling author  
of *Multipliers* and  
*Rookie Smarts*

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**THANK YOU**