

## Mayo Clinic Minute

### Burned Out Nation

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Mayo Clinic's Dr. Edward Creagan says the pace of modern life is maniacal.
<b>Edward Creagan, M.D. Oncology Mayo Clinic</b>	"Burnout is an absolute pandemic. And whether we are a butcher, baker, candlestick maker, it makes no difference. This is affecting every one of us."
<b>Vivien Williams</b>	Life rarely slows down. We are always connected. Always in demand.
<b>Edward Creagan, M.D.</b>	"You cannot do it all. You have to make choices."
<b>Vivien Williams</b>	You have to say 'no.' Burnout happens when the demands of home, work and life make you stressed out, exhausted, even depressed.
<b>Edward Creagan, M.D.</b>	"You're not smart enough, you're not big enough, you're not fast enough, you can't do x, y or z. But if we take care of ourselves, exercise, plant-based diet, understand we cannot do everything; we will have the courage to go the distance."
<b>Vivien Williams</b>	If you're feeling burned out – depressed, tired, as if things are just too much and you can't dig out, talk to your health care provider for help. For the Mayo Clinic News Network, I'm Vivien Williams.