

Self-Care: Strategies and Discussion with Colleagues

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“Comparison”

April 2021 (n=244) April 2023 (n=312)

April 2021

Stress level for everyone increased

- 52.99% increase in anxiety

April 2023

Stress level for everyone increased

46% reported increased high to very high stress in the last six months

Isolation

- Isolation was the biggest environmental factor with over 50% increase in all age groups.
- 23% felt more isolated

Burnout
April 2023

80%

Increased Self-Care Routine
April 2023

64%