

MENTAL HEALTH TOOLS FOR THE FUTURE:

ADDRESSING BURNOUT IN THE LAB

The toll the pandemic has taken on you did not go unnoticed.

Explore this ebook to access some of the most watched, read, and visited mental health resources available for you.



ADDRESSING BURNOUT IN THE LAB

After two long years, medical laboratory professionals across the country are dealing with pandemic-related burnout. You worked tirelessly, days and nights, to ensure patient care was your top priority. But during the process, many of you sacrificed your own mental health and wellbeing.

The toll the pandemic has taken on you has not gone unnoticed. Through a member survey, you told us your mental wellbeing was suffering, and we heard you.

CAUSE & EFFECT

67% of survey respondents felt they “have too much work to do everything well.”

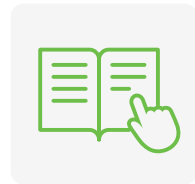


You felt psychological distresses affected your ability to work **4 days per month** on average.

Emotional exhaustion increased by **3%** between 2016-2018 and **14%** in 2021.



20% of respondents saw a doctor or other health professional about these feelings.



Read Our Full Mental Health Report



Read Our Mental Health Crisis Joint Statement

With your concerns top-of-mind, we strived to connect you with experts and resources on mental health through the year and started planning for 2023 supports.

Here are some of the most watched, read, and visited mental health resources in one easy-to-use ebook, exclusive to you.

A TOOLKIT AT YOUR FINGERTIPS

In 2022, the **student resource page** was the most visited page on the CSMLS Mental Health Toolkit. Medical laboratory students faced unique challenges again this year, and the **Mental Health Toolkit** has resources that help.

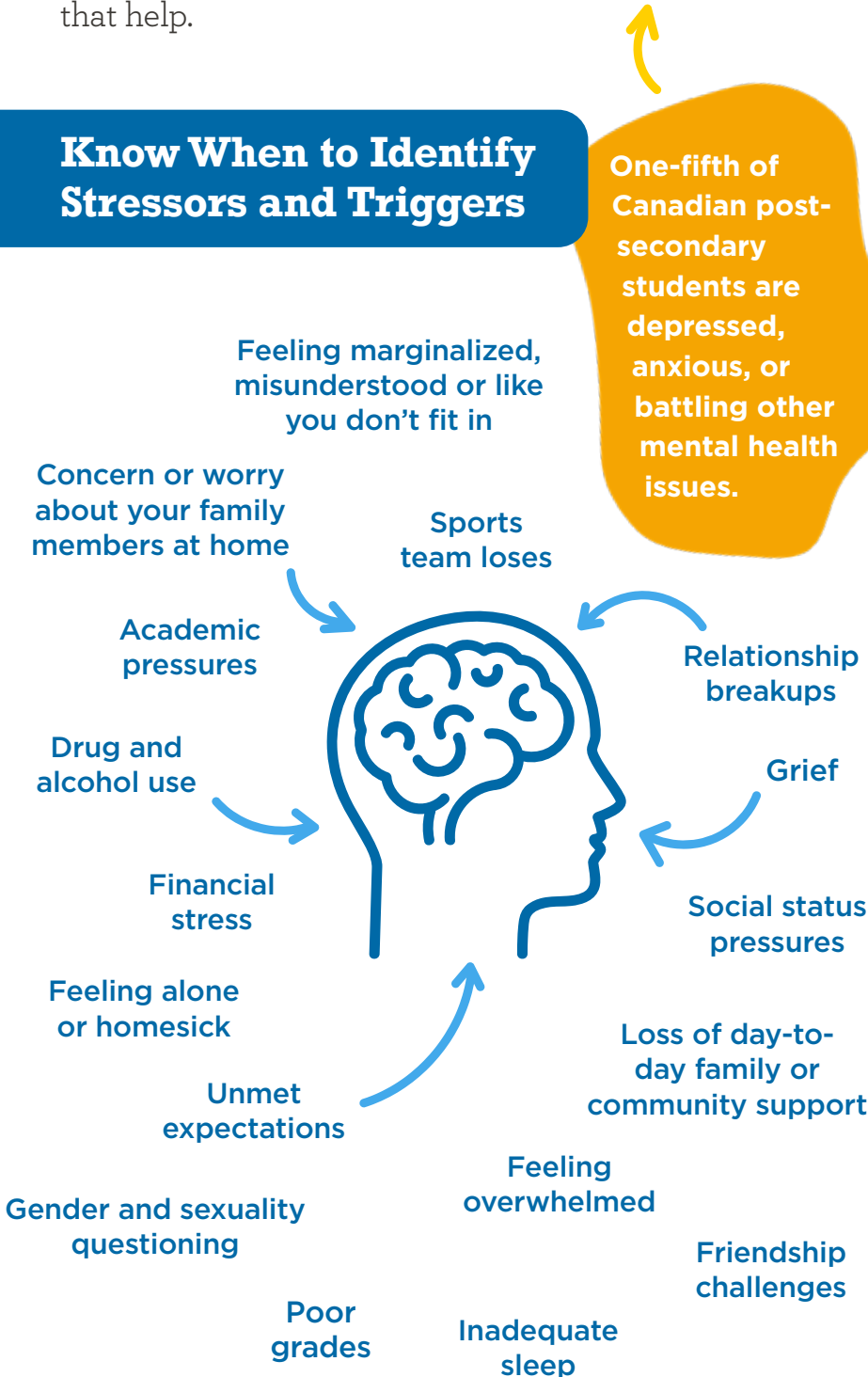
Know When to Identify Stressors and Triggers

One-fifth of Canadian post-secondary students are depressed, anxious, or battling other mental health issues.

Message from President Lucie Alain

Our work is personal to us, but it shouldn't compromise our well being. You have access to incredible resources like the Mental Health Toolkit to help you find balance. Because we all want to be at our best for our patients, our families and for ourselves.

Explore the rest of the Mental Health Toolkit to find resources specific to you:



FROM ARTICLES TO WEBINARS - READ, WATCH & LEARN



**Mental Health Study
Assessment: Burnout**

**Fostering Mental
Wellness in Education**

**Roadmap
to Fulfillment**

**STOP Mental Health Stigma:
Use C.A.R.E**



**Stopping Mental Health Stigma:
How to C.A.R.E**

**The Mental Health of Healthcare Staff
and How to Promote Resilience at Work**

**Refilling Your Personal Beaker:
Replenishing Your Emotional Energy
during Times of Uncertainty**

**Zap Stress Instantly with Breathing Exercises
and Mindful Movement from Your Desk**



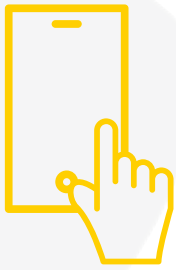
LONG-TERM SUPPORT FROM CSMLS

Along with educational resources like free articles and webinars, larger initiatives are extremely important to ensure long-term support for your mental health. Here's what we're working on to support your needs, now and in the future.

Beyond Silence App

McMaster University partnered with CSMLS to pilot Beyond Silence, an app to support mental health solutions in the #MedLab community.

Steps So Far



1. Volunteers were trained to be peer support providers on the app.
2. Three focus groups are piloting the app this winter.
3. Pilot results and the app to be launched in 2023.

Mental Health Peer Support Pilot

CSMLS partnered with psychotherapist Dr. Rosina Mete to design a member-exclusive peer support program for stress, burnout and emotional wellbeing.

Steps So Far



1. Select members joined virtual focus groups to pilot the program.
2. Pilot development continues according to group feedback.

HEAL HHR Survey

The Organizations for Health Action (HEAL) is a coalition of 40 national health organizations dedicated to improving the health of Canadians and the quality of care they receive. In 2022, they launched a survey to address health human resources concerns.

As a proud HEAL member, CSMLS shared this survey with you to ensure the laboratory's voice is included in staffing solutions and advocacy.

Watch for raw data analysis and next steps in 2023.

ADVOCATING FOR YOU

Our profession is dealing with staffing shortages that, ultimately, put a strain on you and your mental health. That's why we advocated on national news platforms for awareness on shortages and called on provincial and federal assistance to staffing solutions.

We see you, we hear you, we advocate for you.

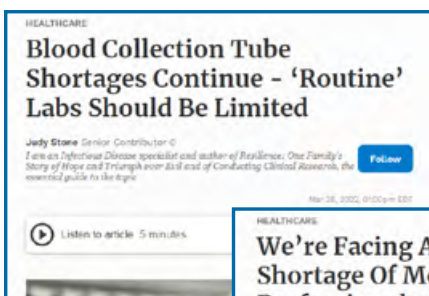
Here are a few of the many media appearances CSMLS made this year to speak out about your mental health and the factors behind it.



British Columbia LifeLabs Closing in Face of MLT Shortages

“The COVID-19 crisis, which has added a massive workload along with high levels of stress and burnout on lab workers, has only exacerbated that problem, Nielsen said.”

— Global News



Lab Wisely: A Key Step in Reducing Lab Supply Shortages

Christine Nielsen speaks to MLT Shortages in Forbes Magazine

Saskatchewan Labs Near a “Breaking Point”

CSMLS on British Columbia Laboratory Staffing Shortages



YOU ARE NOT ALONE

We are stronger together, and we need your help to continue providing our community with the resources that help us all succeed.

If you haven't already, I encourage you to renew your CSMLS membership for 2023. We need you!

If you have, thank you! I ask that you encourage others within your medical laboratory network to also become a member of CSMLS.

Our community came together through this pandemic, and we can only get stronger from here. So join us in 2023 and, together, we will support one another in life and in the lab.

— **Christine Nielsen,**
CSMLS CEO



*“Sometimes it can be hard being a tech. We tend to be quiet in nature and sometimes it seems like we are alone. Being a part of **CSMLS reminds me that we are not alone.** In fact we are a large community working so hard. CSMLS brings forth our voice and allows us to be heard!”*

— **Yousha, CSMLS member**

Renew My Membership:

Not a Member?
Start your membership today!