

**How do we care for others if  
we don't care for ourselves?**

Sally Stewart, Mackintosh School of Architecture,  
EAAE Deans Summit 2023

***“Please put on your mask  
before helping others”***

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> [Am J Obstet Gynecol](#). 2016 Dec;215(6):731.e1-731.e6. doi: 10.1016/j.ajog.2016.08.029.  
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# Please put on your own oxygen mask before assisting others: a call to arms to battle burnout

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Affiliations + expand

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## Abstract

Burnout among healthcare workers has reached epidemic proportions. Obstetrician/Gynecologists are not exceptions. Burnout is a phenomenon that can be difficult to distinguish from other entities, but one that has far-reaching consequences that can be deleterious both to physicians and to their patients. Most worrisome are its insidious nature, its contagiousness, and its relationship to

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**This is not a binary  
between self interest,  
self preservation or  
self sacrifice**

**It is about applying the  
same duty of care to our  
selves we would expect to  
apply to our communities,  
students and staff**

**So I propose a short  
intervention**

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**So I propose a short  
intervention,  
here in the safe space of the  
Deans Summit**

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Asking *“How do we care for others if we don’t care for ourselves?”*

**\*1 Don't underestimate  
what we may have to do  
to build the future**

**\*2 Take stock, quantify  
what you have to do and  
what you need (really need)  
to achieve it**

**\*3 visualize the mutual  
support and solidarity we  
can offer each other**



**\*4 Find your allies and  
put them on speed dial**

**\*5 Consider what you need  
to in your tool kit ( fire  
extinguisher, parachute,  
sellotape,.....)**

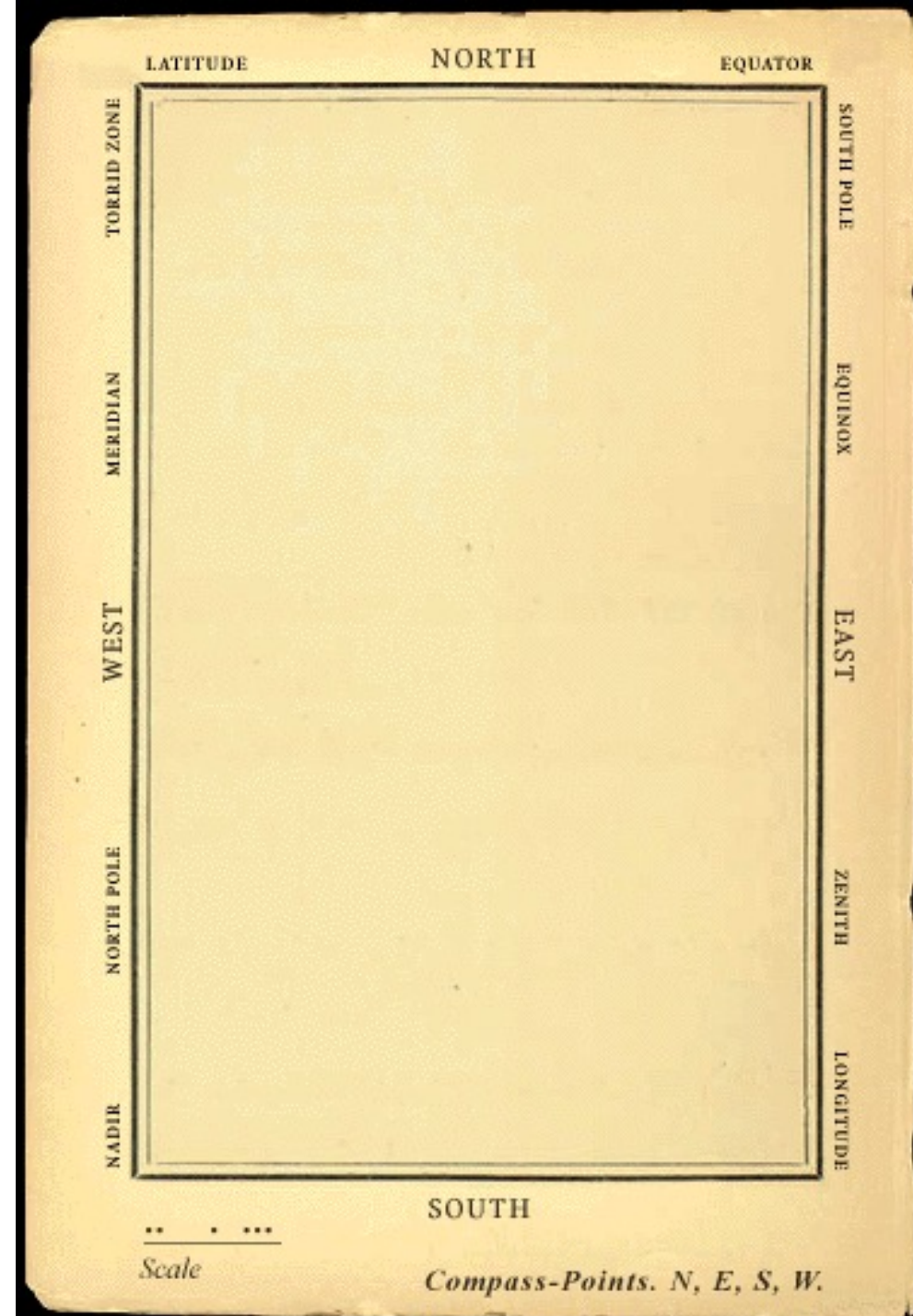




He had brought a large map representing the sea,  
Without the least vestige of land:  
And the crew were very much pleased when they found  
it to be a map they could all understand.

“Other maps are shapes, with their islands and capes!  
But we’ve got out brave Captain to thank”: ( So the crew  
would protest)  
“that’s he’s brought us the best – A perfect and absolute  
blank!”

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