

Increasing Efficiency to Decrease Burnout

PRESENTERS: Marisa Brunetti, VMD & Sam Cantor, VMD
July 22, 2025 @ AVMA Convention

Thank you for joining us for today's presentation.
Below are some key takeaways and a QR code
linking to a recap of the presentation and
additional resources that can be helpful to you.



Managing emotional overload:

- * Negative feelings interfere with effective decision making that can make everything feel hopeless
- * Be aware of your triggers! When you get overloaded — **SSTA!**
 - **STOP:** Be aware of your feelings
 - **SLOW DOWN:** Lower your mind's intensity
 - **THINK:** Consider a problem-solving tool, or another person, or refer a patient
 - **ACT:** Carry out the plan

Tips to slow down:

- * Make it a team effort
- * Count slowly to 20
- * Visualize a calming, relaxing place
- * Take 3 deep breaths: 3 seconds in, 3 seconds out
- * Yawn — fake it 8-10 times
- * Meditate (3 minutes on Calm, 5 minutes on Peloton, etc.)
- * Take a walk (even to the bathroom or kennel)

Get a recap of the
presentation and
more tips here



Love what you heard and want to learn more?

Visit us at indevets.com or contact us!

- marisa.brunetti@indevets.com
- samantha.cantor@indevets.com