

Physician Burnout and the Light-at-the-End-of-the-Tunnel Illusion

By Dike Drummond MD, CEO of TheHappyMD.com

Full blog post is [At This Link](#)

"I'm just hoping there is a light at the end of this tunnel"

There Is No Tunnel !

It is an illusion caused by Einstein's Insanity Trap.

As long as you keep doing the same thing over and over, expecting a different result ... it will appear you are stuck in a long dark tunnel.



This tunnel is not real.

It is an illusion, a mind trick -- one of the forms of "head trash" we must recognize and rise above in order to prevent physician burnout.

AND the light at the end is not some sort of random miracle.

All it takes is a small change in your behavior and a light will form at the end of the tunnel. Step into that light and you are free of the Insanity Trap.

When you take a single new action, the Insanity Trap instantly collapses and you step straight out into the broad daylight of a new reality.

- Your new action gives you new results.
- You are instantly standing in the bright sunlight of a new day.
- If you turn around you will see there is no tunnel behind you.
- Your new actions have created a new reality.



The size of the new action you take is not important.

Even a little tiny baby step still gives you new results -- and POOF !! - tunnel gone, standing in the light (again!).

AND any new action anywhere in your life or practice has the same power to deliver you into the light.

NOW could be the time you step out of the tunnel anywhere in your life or practice you are feeling stuck.



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EXAMPLES:

Here are some of the small new actions our clients find deliver the most immediate impact and are the most effective Tunnel Illusion destroyers.

- Do something new around [EMR and documentation](#)
- Do something new to create a weekly [life calendar](#)
- Schedule a [two week vacation](#) if you haven't had one in five years
- Work on your [Ideal Job Description](#)
- Read a chapter in a book for pleasure ... a trashy book, NOT a journal you need to catch up
- Be [on the lookout for a patient to say "thank you"](#) to you today
- Learn why it is [so darn hard for physicians to be good leaders](#)
- Learn how to [Manage Your Boss](#) - it is possible!

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Now it's Your Turn

- Pick one of the actions above, or some completely different baby step in this area of your life or practice.
- Put it on your calendar.
- Take the new action to implode the tunnel and pop yourself out into the light of a new day.
- Feel the clean, fresh air and the sun on your face.
- Repeat.

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Questions/Comments/baby steps to add to the list??

[Use this form to contact us directly.](#)



Dike

Dike Drummond MD
CEO & Founder TheHappyMD.com