



Subject line: 🗨️ Let's talk about burnout and how we can help each other...

Hi [Team / everyone / {Team name}],

We wanted to take a moment to talk about burnout; something that we all hope to avoid, but that unfortunately affects many of us at some point, whatever our job roles. You might have experienced it yourself, noticed the signs in a colleague or simply found yourself running on empty without quite knowing why.

Working in veterinary practice can be incredibly rewarding, but at the same time, it can also be emotionally and physically draining. Long hours, tough cases, and trying to do more with less... it all adds up. That's why we want to open up a conversation about how we're really doing and what we can do to look after ourselves and each other.

What does burnout look like?

Burnout affects everyone differently, but here are some common signs to look out for, in yourself and your colleagues:

- Feeling constantly drained, even after rest
- Difficulty concentrating or making decisions
- A sense of detachment or feeling “numb” at work
- Feeling less motivated or less able to cope with everyday tasks
- Changes in mood, such as irritability or sadness
- Physical symptoms like headaches, trouble sleeping or stomach issues

What can we do to support ourselves and others?

Take a few minutes to discover the resources that [Agilio Software](#) are offering, which are attached to this email and include:

- A new poster that will be going up in our staffroom
- A guide on how to prevent burnout for all members of the practice

- An awareness days calendar that highlights key dates you may want to acknowledge or be aware of.

Reflect on how you're feeling at work - what's going well and what feels hard right now?

If you're comfortable, share your thoughts with a colleague or during a team meeting. Know that you're not alone.

<Image – insert picture of your team or veterinary practice>

It's important that we all look after ourselves and each other and take small but meaningful steps to prioritise our wellbeing. When we feel supported and well, we are better placed to care for our clients and their pets too.

If you ever want to chat, in confidence, <my/our> door is open. You can also reach out to [insert practice wellbeing lead, HR, or support contact].

We don't need to have all the answers, but talking is a good place to start.

Take care,

[Your name]

[Your role – e.g. Practice Manager / Wellbeing Lead / Clinical Director]