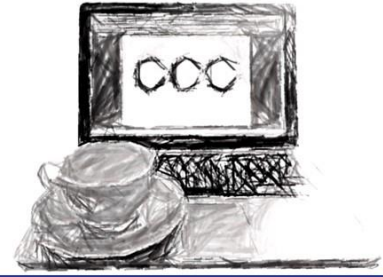




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### **CCC-Break 31: 10.06.2021. Burning Question: How Western in the concept of burnout?**

Unfortunately our contributors had to cancel the event leading to a short introduction by our moderator Camilla and then thanks to our wonderful participants we still managed an interesting conversation, including learning. Initiating the conversation around the WHO definition (below) we agreed that while burnout may be more of a western syndrome in some ways, it does not mean that others do not feel the symptoms or experience it.

In Japan for example it is common that people work to the point of burnout, but one would never give up, this is considered weak and not accepted.

We identified that time with loved ones and time in nature, allowing for some perspective, helps avoid burnout. Certain cultures, where family may be more present in work life or even where time as a cultural dimension is not looked upon in the same way as in Western societies, burn out may be less evident.

Is blurring the lines between the professional and private life a positive or negative when it comes to burnout? While we saw some evidence of the blurring of lines being a positive long-term in the conversation, we did not dare make any conclusion. We were keen to have more statistics around the topic but as it is not a medical condition in most places, and not recognized in many places this may be hard to come by. We all agreed that we would welcome a future conversation on the topic for further insight.

#### **WHO definition:**

Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- feelings of energy depletion or exhaustion.
- increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.

Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life."

Thanks for this summary of our CCC Break discussion to:



Contributor: & Moderator: Camilla Degerth, [camilla.degerth@gmail.com](mailto:camilla.degerth@gmail.com), or connect via:  
<https://www.linkedin.com/in/camilla-degerth/>

# SIETAR Europa Cross Cultural Coffee Breaks

## Summary

Thanks for the intriguing discussions to our participants:

