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Summary

Under Pressure with Lina Sopiene

Egle Dieninyte - Misiune

Podcast Episode

Primary Care

December 17, 2025

Organisational psychologist Lena Scorpion discusses the roots of burnout in healthcare, arguing that medical professionals must distinguish intrinsic self-worth from achievement and reconnect with bodily signals to sustain their careers.

KEY POINTS

- The guest argues that burnout stems from conflating being a good person with achievement, a pattern often learned in childhood when love and approval were conditional on performance.
- Medical professionals often ignore bodily needs during work, which the guest warns teaches the body to stop sending signals and leads to illness; she recommends brief practices like noticing breath or body sensations for 5 to 10 seconds.
- Doctors and nurses tend to avoid interpersonal conflict to be seen as good people, but this avoidance can escalate tensions; the guest advises setting boundaries, saying stop, and postponing discussions until both parties are calm.
- The conversation took place at Vilnius University Hospital and may interest healthcare professionals experiencing burnout or struggling with work-life boundaries.

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