



THE IMPACT OF COVID-19 ON THE HEALTH WORKFORCE

In a [recent document](#), the European Commission rises concern on the fact that the **health workforce** and other essential workers have been hit hard by the consequences of the COVID-19 pandemic.

The coronavirus pandemic is placing debilitating demands on the professional and personal lives of health care providers. New tools are required to help alleviate this enormous burden of stress. According to a recent Harvard report, **physician burnout is “a public health crisis that urgently demands action.”**

Burnout negatively impacts the well-being, relationships, and career satisfaction of the provider. The American Academy of Family Physicians links burnout to a host of undesirable consequences, including **lower patient satisfaction, higher medical error rates, physician substance abuse and addiction, and physician suicide.**

TRANSCENDENTAL MEDITATION - A PRACTICAL AND EFFECTIVE INSTRUMENT TO PROMOTE MENTAL HEALTH AND WELLBEING OF THE MEDICAL PROVIDERS

The Transcendental Meditation programme, being an effective mean to reduce stress, anxiety, depression, burnout, substance abuse, PTSD and for improving mental health & well-being, can be a very **effective instrument to support medical providers** who are on the front line of the coronavirus pandemic, and [who are at risk of burnout](#) for the large amount of stress arising from the actual health situation which adds to an already stressful profession with high levels of stress in day-to-day work.

Discover more at: friends-project.eu/impact-savings-health