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Thread: [Career Burnout? Nursing life](#)

ChumChum - July 5, 2023, 6:38 pm

I'm currently a nurse here in the United States for the past 3 years. I am turning 26 later this month. I just feel like maybe I chose the wrong career, I feel burned out... anyone had this feeling with their careers? Especially medical. Everyday is like the same bull. I care for human beings but I feel like I lose empathy everyday or things just get repetitive, really brain farting to articulate what I feel. I was one of those people who felt I could make a difference, an impact on saving lives or so, but the more time I spend in the hospital and more time on the floor, floating to different units the more burned out I get and more I realize nursing is small. I thought of changing careers but at the same time I feel like I wasted years on my current career, pay is not bad but also it's hard work, I somewhat wish I did programming or tech, but I don't even know a typical day of a programmer and struggles they have, if I am even smart enough to do that.

TLDR;

Just a little headspace for myself.

Who takes care of the caregiver when they need care? Working too much and tired ?

LEGENDAVIE - July 5, 2023, 6:54 pm

Why don't you try something in the same field but a little different? You could get hired as a travelling nurse where you earn much more money, it's not the same day/routine/building/people every day since you'd be travelling all over, you get free hotel reimbursements and the pay is so much better than actually working in a clinic. If you survived mentally through the COVID phase I think you've seen the worst there is.

While doing that start looking more into what you would like to do, start it slow as a hobby and once you feel ready to quit nursing just move on. 3 years it's not much at all, and a career change can happen and be beneficial even after 20 years. Just make sure you don't quit while you don't have a reserve plan.

lumi - July 12, 2023, 4:39 pm

Honestly, it sounds like you should take time off to clear your head a bit. When you feel burned out it often becomes this daily loop of misery until you start working to pull yourself out of it. Start looking in your field or in others on things that might interest you and work on them over time (even with your current job). Weirdly you might find it oddly motivating when you have something else you are working for, because then that current job is now something that you know is temporary until you get where you want to go.

Era643 - July 26, 2023, 8:18 pm

I feel like medical professionals have it really hard and get burnt out easily