

Prevent BURNOUT

RECOGNIZE AND TREAT EARLY SIGNS

Burnout isn't something that happens overnight. It occurs over time from repeated and unresolved frustration or constant pressure to perform or achieve. With burnout, you feel exhausted, worn out, and detached from others. You feel as if you have nothing more to give and simply do not care about anything. Burnout puts your job, your relationships, and your health in jeopardy.

SIGNS ON THE ROAD TO BURNOUT

- Too much work, not enough relaxation
- Feeling as if you have no control over your job
- Anger
- Fatigue
- Sleep problems
- Escaping through alcohol, drugs, TV, eating, or gambling
- Avoiding making decisions
- Negative view of yourself and the world

Also, some traits increase the risk for burnout. These include the need to be in control, wanting everything to be perfect, and being a workaholic.

TEN TIPS TO PREVENT BURNOUT

1. Set career and personal goals that can be achieved.
2. Follow healthy eating and sleeping habits.
3. Exercise daily – At least 30 minutes most days of the week.
4. Try not to spread yourself too thin. Delegate tasks at work and at home.
5. Reduce long work or study hours, if you can. The more you do and the less you rest, the more likely burnout will occur.
6. Take regular five to 10 minute relaxation breaks. Take mental breaks from stressful situations, too. Learn to meditate. Practice relaxation techniques.
7. Make time for leisure activities that you enjoy and look forward to.
8. Get creative with a hobby or activity that has nothing to do with work.
9. Manage stress through meditation, yoga, or therapy.
10. Plan a vacation one or more times a year. Leave your work at home!



Action Step

Discuss feelings and problems you are having with your family, friends, and coworkers. Talking helps ease feelings of frustration that can feed burnout. If things do not get better, get professional help.