

Wellbeing Wednesday



ISSUE 24: Burnout

Burnout is a state of physical and emotional exhaustion. It can occur when you experience long-term stress in your job, or when you have worked in a physically or emotionally draining role for a long time. Burnout isn't something which goes away on its own. Rather, it can worsen unless you address the underlying issues causing it. If you ignore the signs of burnout, it could cause further harm to your physical and mental health in the future. You could also lose the ability and energy to effectively meet the demands of your job which could have knock-on effects to the other areas of your life

Common signs of burnout:

Feeling tired or drained most of the time
Feeling helpless, trapped and/or defeated
Feeling detached/alone in the world
Having a cynical/negative outlook
Self-doubt
Procrastinating and taking longer to get things done
Feeling overwhelmed



Preventing Burnout

- Early recognition of burnout
- attend to your own needs
- realign goals and expectations for yourself
- Evaluate a typical weekly schedule and reduce or eliminate unnecessary items
- Exercise regularly
- Eat a well-balanced, healthy diet
- Get enough sleep
- Include daily enjoyable "timeouts", such as yoga, a hobby, or meditation
- Build up your professional and personal support system
- Dedicated family time
- Develop resilience!

