

Are you
physically
and emotionally
drained,
unmotivated,
stressed and
frustrated?

Are you
experiencing
excessive and
unrelenting
demands?

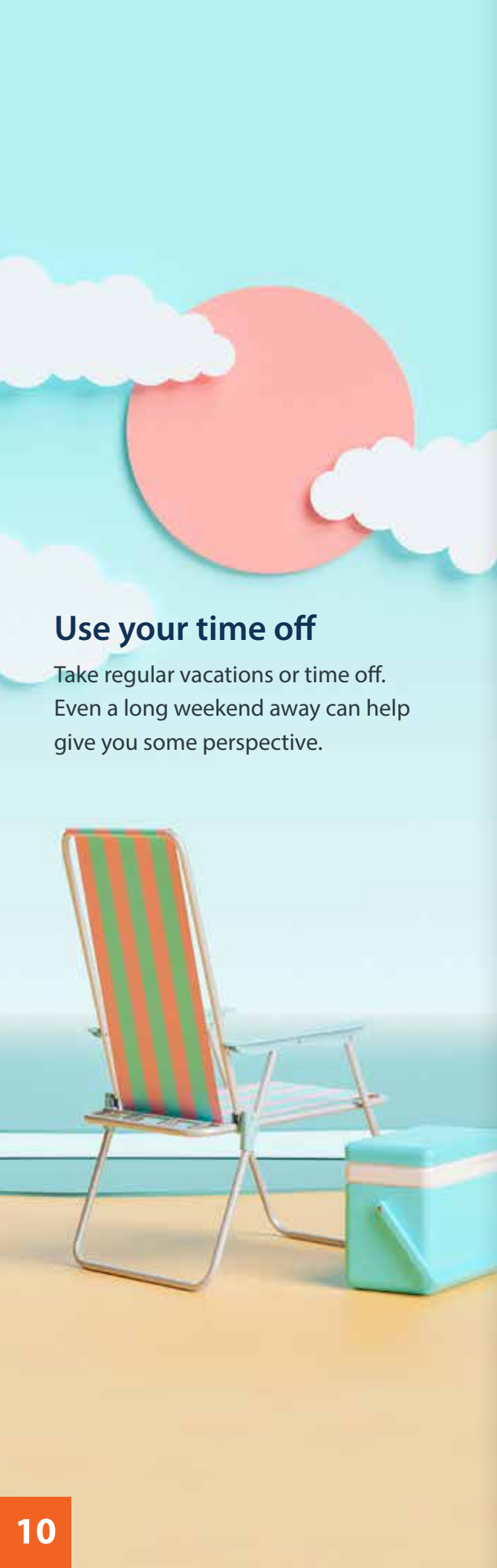
According to
Psychology Today, if the
stress feels never-ending
and comes with feelings
of emptiness, apathy
and hopelessness, it may
be a sign of burnout.

Beating Burnout

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Burnout can have a negative impact on your work, your relationships and your health. By recognizing the triggers, the signs and the steps you can take to lower your stress, you can lessen the impact of burnout.

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Relax, there are things you can do:

Take a break

If you're feeling stressed or angry, take a breather. Even a short break can help refresh your mind. Take a short walk, have a healthy snack or simply close your eyes for a few moments and breathe deeply.

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Try new ways to manage stress

There are many ways to manage stress, including getting regular exercise and using relaxation techniques.



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Do things you enjoy

Make time in your week to do things you like, whether it's exercising, doing a hobby or seeing a movie.

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Talk with a counselor



Many companies offer employee assistance programs (EAPs) to help with work issues. Through an EAP, you can meet with a counselor who can help you find ways to manage your stress. If your company does not have an EAP, you can seek out a counselor on your own. Your benefits plan may cover the cost of these visits.

Get organized

At work or at home, start each day by creating a to-do list. Rate the tasks in order of importance and work your way down the list.

Manage technology

Cell phones and email can make it hard to tune out work and other demands. Set some limits for yourself, such as turning off your devices during dinner or after a certain time every night.



Job-related strategies:

Create a job description

Creating a job description or reviewing an outdated one can help you gain a better sense of what's expected of you and give you a sense of control.

Set reasonable goals

Don't accept more work than you can reasonably do. Work with your boss and co-workers to set expectations that are realistic. It may help to keep track of what you accomplish every day. Share it with your manager to help set expectations.

Take a stand



If your working conditions are dangerous or uncomfortable, work with your boss, management or employee organizations to resolve the problem. If this doesn't work, you can report unsafe working conditions to the Occupational Safety and Health Administration (OSHA).

Who's most at risk?

While anyone can experience burnout, there are some character traits and professions that increase your chances. If you fit into any of these categories, be aware of the signs of burnout and talk to your health care provider or therapist if you notice any symptoms.

According to Forbes, these personality types are most susceptible to experiencing burnout:

- Workaholics
- People-pleasers
- Perfectionists

People in passion-driven and caregiving roles

such as doctors and nurses are more likely to experience burnout, with suicide rates among caregivers dramatically higher than that of the general public.

Harvard Business Review