

Work & Careers

Tip of the week

On the verge of burning out? Put mindful solitude in your diary

With change fatigue and [burnout running rampant in many organisations](#), it's essential to litmus test your assumptions, says Ciara Lancaster, a change fatigue and resilience specialist and author.

Lancaster recommends resisting the urge to bank your annual leave and to make time for mindful solitude. And for anyone without available leave, be intentional about how you use your time during the forced shutdown of Christmas.

“If, after two weeks, the same negative thoughts are dominating your mind and the same uncomfortable sensations are being experienced in your body, then you are at a significant choice point where you need to share your lived reality with a loved one, a support person and eventually your place of work,” she says.