



WAYS TO BUMP BURNOUT & DO YOU

BURNOUT DIFFERS FROM STRESS AND IS NOT IMPROVED WITH A SIMPLE SELF-CARE PLAN

It takes some understanding of your situation and some diligent effort must go into making some personal changes as this condition can lean towards depression. Very often individuals who are suffering from burnout show up at their doctor's office, tested of underlying medical conditions, prescribed anti-depressants and referred out to a mental health professional. The issue here is that medication may improve your mood, however it does not change your circumstances.

Burnout is extreme mental exhaustion and caused by stress. Stress is the emotional strain experienced in demanding circumstances. Burnout is caused by constant exposure to stress. Burnout can be eliminated and prevented by learning how to set better boundaries in your environment and prioritizing your needs.

COMMON SIGNS & FEELINGS OF BURNOUT

DEPLETED - Very little energy to do most things

SOMATIC SYMPTOMS - Colds, headaches, stomach upset and back pain

DISCONNECTED - No interest in connecting with family, friends or colleagues

PROCRASTINATION - Avoidance or difficulty completing tasks

FEELINGS OF FAILURE OR DISCONTENT - Not feeling as if efforts are enough, appreciated or worth the effort

DESPAIR - Defeated, stuck or helpless

SOLUTIONS

GUARD YOUR ENERGY

IDENTIFY WHAT MAKES YOU FEEL GOOD AND MAKE A COMMITMENT TO IT.

Be particularly mindful of the people your are hanging around. Surround yourself with positivity and this includes PEOPLE. Take notice of conversations and limit shop talk outside of work.

LIMIT SOCIAL MEDIA

PEOPLE ARE NOT ALWAYS FULLY AWARE OF THE AMOUNT OF TIME SPENT ON DEVICES INCLUDING THEIR PHONES.

This time could be focused on YOU - doing something rewarding with your precious time (ie. massage, walk, preparing a beautiful meal, enjoying a movie, a candle-lit bath.)

SCHEDULE RELAXATION TIME

THE SIMPLE ACT OF BREATHING MAKES ALL THE DIFFERENCE

Remember, any form of meditation involves deep breathing. Start simple. As you sip your water throughout the day, couple it with deep breathes. Relaxation is like building a muscle - the more you practice the stronger you will become.

FUEL, OIL & MAINTENANCE

FOOD, WATER AND MOVEMENT.

Make sure your machine is running at it's peak state. Be good to your body. This does not mean developing a new exercise regimen or taking on some extreme diet. Just be respectful of your temple. Our body naturally tells us what it needs.

HEALTHY SLEEP REGIMEN

DARK, QUIET, NO DEVICES, IN A COOL ROOM.

LIMIT ALCOHOL & OTHER DRUGS

AVOID EXCESSIVE USE OF ALCOHOL.

Alcohol is initally relaxing however as it wears off you can become anxious and it will affect your sleep. Our bodies begin to withdraw from the alcohol within a few hours of intake.

RE-EVALUATE PRIORITIES

WHAT ARE THE KEY AREAS OF YOUR LIFE THAT ARE THE MOST IMPORTANT TO YOU?

This step is so valuable as individuals struggling with burnout tend to place a lot of their focus on their work and/or the needs of others and neglect what is most important to them.