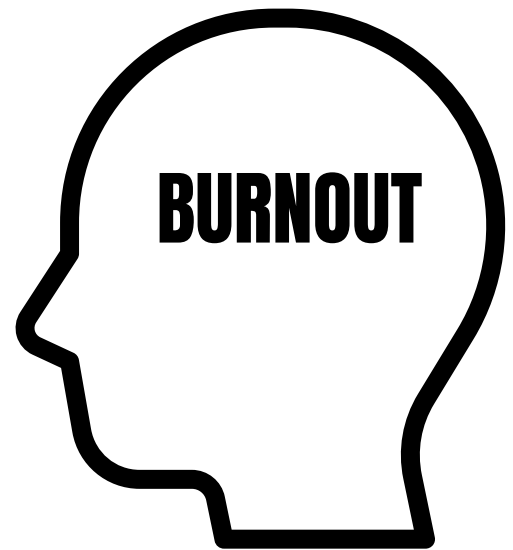


LET'S TALK MENTAL HEALTH

Burnout:

It's common to feel tired after a long day at work or when it is nearly time to go on holiday. Unfortunately, it's also becoming more common for people to feel exhausted, lack enthusiasm and be distracted *most days*. This constant feeling is *burnout*.

A constant feeling of physical, mental and/or emotional exhaustion and pessimism.



What is Burnout?

We all experience stress from time to time – from the COVID pandemic, job losses, changes in working conditions and juggling family and work in a way that is *more exhausting than usual*.

When this stress accumulates and we neglect self-care strategies, we are at risk for burnout. With the right mindset and tools, you can understand what is driving your burnout and take action.

Burnout Triggers



- ① Lack of autonomy within your job role or schedule
- ② A mismatch in your job role and current skill set
- ③ Your values clash with those of your team or employer
- ④ Your work and life values are out of balance

Early signs of burnout



- A feeling of dread when vacation ends
- Interpersonal problems at work or home
- Frequently feeling irritable and impatient
- Inability to concentrate at work
- Constant pessimism at work
- Not enjoying the things you once did
- Not making time for yourself

Prevention



- Take small breaks during the workday
- Do difficult tasks during your productive times
- Prioritize your to-do list
- Plan regular vacations
- Reward yourself
- Build community with co-workers
- Engage new passions
- Practice self-care (exercise, eat well, sleep)