

5 TIPS

TO AVOID BURNOUT

AT WORK



KNOW WHAT BURNOUT LOOKS LIKE



EMOTIONAL SIGNS: constant anxiety, fear, sadness, and irritability or anger.



COGNITIVE SIGNS: difficulty concentrating and over-analysis of events.



BEHAVIORAL SIGNS: poor sleep, apathy, feeling isolated, being overly reactive or tearful.



PHYSICAL SIGNS: pain and fatigue

HELP YOUR COWORKERS



Reaching out to colleagues and asking how they are may make them feel like they aren't in this alone. Sharing mutual experiences can create a healthy bond.

HELP THOSE YOU MANAGE

Checking in on the team and having individual meetings can bring attention to positive things that have happened in the last 24 hours. By working together, you may help others figure out solutions to stressful situations.



TAKE TIME TO TAKE CARE



Prioritize. Do what's most important and let the rest go. Take breaks and disconnect. If possible, check the news only once a day. Add decompression breaks into your schedule.

PRACTICE RELAXATION TECHNIQUES

Learning how to reset your stress response is critical. Practicing stress management techniques are fitness for the brain. With practice, they can help you to recover faster from stress and prevent negative effects.



READ MORE AT

<https://www.psychologytoday.com/us/blog/how-healing-works/202004/5-steps-avoid-burnout-work>