

Buffering Against Burnout

Burnout has become especially pervasive amid the fast-paced culture and chronic stress we have grown used to in the past decade. The constant juggling of work, family and other responsibilities had major implications for health even before being exacerbated by recent global events. The following information can help you identify the signs of burnout and learn techniques to combat it.

Signs of Burnout

- Excessive fatigue
- Insomnia
- Susceptibility to Illness
- Irritability and mood disorders
- Errors at work
- Decreased productivity
- Loss of overall vitality

3 R's to Counteract Burnout

1. Recognize signs of burnout:

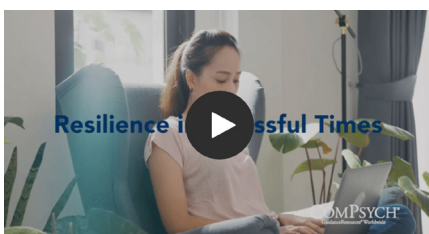
- **Exhaustion:** Emotional, physical and/or cognitive fatigue, dread waking up to face responsibilities of the day
- **Cynicism:** Feeling unengaged or disconnected from the purpose, loss of motivation, bleak outlook
- **Inefficacy:** Lack of productivity and feelings of incompetence, "I don't think I am making a difference"

2. Respond:

- **Seek Support:** Whether a partner, family, friend, or licensed mental health professional, talk with someone.
- **Focus on what you can control:** Shift energy and attention to what is in your power to improve your situation.
- **Find meaning:** Reflect on what is meaningful in your day to day. How can your experience shape your future or purpose?
- **Set Boundaries:** Saying "no" allows you to say "yes" to the commitments you actually want to make.
- **Disconnect from technology:** Set a time each day to take a break from your laptop, phone, email, and media.
- **Energy Balance:** Identify and incorporate activities that give you energy to help counteract those that drain you.

3. Recharge

- Weave in small behaviors throughout the day to start to detach, increase your emotional threshold, and build resilience. Some ideas: meditation, a short walk, or quality time with your family.
- Whether it's two minutes or two hours, every minute you take for yourself improves the quality of your day and life.
- Consider a "menu" of options or rituals for different amounts of time:
 - 5-minute mindfulness breaks
 - 10-minute morning meditation
 - Weekly hike in the woods
 - Monthly massage



Scan the QR code or click the image for a brief video on resilience and its role in preventing stress and burnout.