

5 WAYS TO RECOGNISE & REDUCE BURNOUT AT WORK



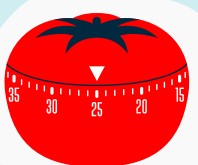
1. Feeling tired & drained most of the time but difficulty sleeping

Sounds strange but the less we do the more tired we feel! Plan activities in your day which give you a boost. Maybe a brisk 5 minute walk at lunchtime. To get a better nights sleep, focus on your sleep hygiene.



2. Feeling overwhelmed & having difficulty getting things done

Sometimes it can be more productive to pick ONE thing to focus on at a time. Try using the Pomodoro technique - set a timer for 25 minutes & focus on the task for that time. Take a 5 min break then repeat until the task is complete!



3. Feeling isolated and disconnected from others

Maybe relationships have become a little distant. Reach out to family & friends with a text or phone call. Arrange to have a lunch break with colleagues.



4. Having no time for things outside of work

Set clear boundaries and make sure work stays at work! Make plans in the evening or at the weekend to prevent work activities from creeping in. Make sure you are finishing work on time and not staying late.



5. Physical Health Problems

Burnout & chronic stress can cause a range of physical problems and also increase susceptibility to illness. Return to basic and make sure you are taking care of yourself by eating healthily and regularly, getting some exercise and avoiding substances such as alcohol or drugs. Please contact your GP with any persistent symptoms.



Don't struggle in silence - Reach Out.



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