

# How to Combat Workplace Burnout

If you're feeling overwhelmed, exhausted, and disconnected from your work, you may be experiencing workplace burnout. Burnout is a state of physical, emotional, and mental exhaustion caused by excessive and prolonged stress.

It can lead to a lack of motivation, decreased productivity, and even physical symptoms such as headaches and trouble sleeping.

Some professions are more susceptible to burnout than others and have been known to produce the highest rates of burnout for decades. Teaching, nursing, emergency service, retail, and social work, are just a few.

However, burnout is becoming increasingly common in the modern workplace. With the rise of technology and the expectation to be constantly connected, it's easy to get caught up in a never-ending cycle of work. Add in the pressure to succeed and the demands of our personal lives, and it's no wonder so many of us are feeling burnt out!

Wondering how you can prevent burnout, or recover from it if you're already feeling burnt out?

Let's break down a few tips:

## Take breaks

It's important to schedule regular breaks throughout the day to give your mind and body a chance to rest. This can mean taking a quick walk outside, chatting with a colleague, or just stepping away from your desk for a few minutes.

Especially if your job requires a lot of screen time, physical activity, or emotional investment, it is especially important to take a minute to walk away and replenish your energy.

## Set boundaries

It's okay to say no to extra work or social invitations if you're feeling overwhelmed. It's important to set boundaries and make sure you're not taking on more than you can handle.

When in doubt, leave work at work.

## Practice self-care

Make sure to take care of yourself physically and mentally. Self-care is highly individual, so what's best for you. This can look like: getting enough sleep, exercising regularly, eating well, and engaging in activities that bring you joy and help you relax.

## **Seek support**

If you're feeling burnt out, it's important to talk to someone about it. This can be a colleague, a manager, a mentor, a friend, or a professional therapist. Having a supportive network can make a big difference in your ability to cope with stress.

## **Find meaning in your work**

One of the key causes of burnout is a lack of meaning or purpose in our work. Try to find ways to connect with the value or impact of your work. This can help you feel more motivated and fulfilled.

If this is too difficult, finding meaning and fulfillment in your hobbies, interests, or responsibilities outside of work can help you place less emphasis on the role of your job in your life.

## **Prioritize your tasks**

When it seems like your responsibilities are piling up, it is important to break them down into smaller, manageable tasks.

Make a list of your tasks and prioritize them based on importance and urgency. This can help you focus on what needs to be done and let go of the rest.

## **Learn to delegate**

It's okay to ask for help and delegate tasks to others. No one can do everything on their own, and learning to delegate can help you manage your workload more effectively.

## **Conclusion**

Preventing and recovering from burnout forces us to bring balance back into our lives. By taking care of yourself and finding ways to manage your stress, you can protect yourself from burnout and perform at your best—at work and at home.

Remember, it's okay to ask for help and take care of yourself. Your well-being is the most important thing, and it's essential for your long-term success and happiness.

So, don't let your job burn out your flame, and take the necessary steps to feel your best!

