

Burnout

Stages of burnout

Burnout refers to a state of physical and mental exhaustion after experiencing long-term stress, often leaving people overwhelmed and unable to manage pressures and stressors at work. This can occur as a result of working within a stressful or physically/emotionally draining job or role. Ignoring the signs of burnout can lead to further harm and deterioration of mental health.



1
You feel there is a strong need to prove yourself



2
You keep working harder & harder to achieve this



3
You begin to neglect your own needs



4
You are conflicted and blame others or the situation



5
You change your values to focus on work more



6
You deny the problems that arise due to work stress



7
You withdraw from social life & your family



8
Your behaviour changes which upsets your loved ones



9
Depersonalisation happens, you do not feel like yourself



10
You feel empty and numb



11
You feel depressed, lost and completely exhausted



12
You mentally and physically collapse

Contributing factors to burnout (Mental Health UK):

- Money worries
- Working from home
- Worries about job security
- Isolation
- Physical health
- Sleep
- Relationships
- Home-schooling children
- Caring for others

What does burnout look like?



Feeling tired or drained constantly

Feeling helpless, defeated or trapped



Feeling isolated and alone

Having a negative outlook



Procrastinating



Feeling overwhelmed

What can I do to help prevent burnout?

Take a break – Whether you take some time off work, or restructure your day so that you can go for a walk during your lunch break, make sure you prioritise your health by resting.

Rest and exercise – Movement and exercise promote endorphins and improve emotional well-being, and good sleep hygiene will allow your body to recuperate, so try to create a bedtime routine.

Mindfulness – Mindfulness practices can help you to focus on the present moment, rather than enabling your mind to spiral about the past or future.

Look at your options – Talk to the people around you, whether that's your employer, your family or a one-on-one coach; see what changes you are able to make and find some support (such as Space2BHeard).