

## **Burnout**

## Stages of burnout

Burnout refers to a state if physical and mental exhaustion after experiencing longterm 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.



You feel there is a strong need to prove yourself



You keep working harder & harder to achieve this



You begin to neglect your own needs



You are conflicted and blame others or the situation



You change your values to focus on work more



You deny the problems that arise due to work stress



You withdraw from social life & your family



Your behaviour Depersonalisation changes which upsets your loved ones



happens, you do not feel like yourself



You feel empty and numb



You feel depressed, lost and completely exhausted



You mentally and physically collapse

# Contributing factors to burnout (Mental Health UK):

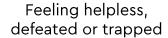
Money worries Working from home Worries about job security Isolation Physical health Sleep Relationships Home-schooling children Caring for others



#### What does burnout look like?

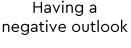


Feeling tired or drained constantly





Feeling isolated and alone







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).