

RECOGNISING AND MANAGING BURNOUT



WHAT IS BURNOUT?

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. It can affect anyone, but it's especially common among people who work in high-pressure environments, such as healthcare, education, or business. Burnout can have a serious impact on your health and wellbeing, so it's important to recognize the signs and take action to prevent or manage it.

SYMPTOMS OF BURNOUT

The symptoms of burnout can vary from person to person, but some common signs include:

- Feeling exhausted and drained, even after a good night's sleep
- Feeling irritable or impatient with others
- Having trouble concentrating or remembering things
- Feeling cynical or detached from work or personal relationships
- Feeling like you're not making progress or achieving your goals
- Having physical symptoms, such as headaches, muscle pain, or stomach problems

If you're experiencing any of these symptoms, it's important to take them seriously and take steps to address them.

MANAGING BURNOUT

If you're experiencing burnout, there are still things you can do to manage it and regain your energy and enthusiasm. Here are some tips for managing burnout:

- Take a break from work and focus on self-care
- Talk to your supervisor or HR representative about your concerns
- Reevaluate your priorities and make changes as needed
- Build in time for relaxation and enjoyable activities
- Practice stress-reducing techniques, such as meditation or yoga
- Seek professional help if necessary

Burnout can be a serious problem, but it's not something you have to suffer through alone. By recognising the signs of burnout and taking steps to prevent or manage it, you can improve your wellbeing and quality of life. If you need help or support, don't hesitate to reach out to others for help. Remember, taking care of yourself is the best way to take care of others.

If you have any questions or would like to know more, we are here to help! Illuminate Minds is your Employee Assistance Program (EAP) provider and offer free and confidential counselling services both in person or over the phone. Feel free to give one of our friendly team members a call on (08) 6118 2684 to book an appointment.

