

BURNOUT BLUES

Identify • Manage • Prevent

Do you find yourself feeling hopeless when it comes to your job? Are you consistently underperforming, feeling tired, and unwell? Do you dread the tasks on your endless to-do lists?

You may be suffering from burnout. If this is the case, you must work to identify and address it before it has a significant impact on your quality of life.

Identifying Burnout

Several symptoms may indicate you are suffering from burnout. The first and foremost is exhaustion. And this doesn't mean the type of tiredness you experience from one night of lost sleep, but rather the kind that persists, no matter how much you sleep. And when you wake up, you may be more tired than you were before.

Besides just exhaustion, you may experience other physical symptoms, such as persistent headaches or digestive issues that persist regardless of your diet. You may also find that you are getting colds and flu viruses more often than you used to.

Physical symptoms aren't the only symptoms of burnout. According to Healthline, some overlooked mental symptoms of burnout can be the most serious. These include:

- Feelings of isolation
- Irritability
- Anger
- Depression
- You may also find that you have escape fantasies of running away or going on vacation. This symptom can often escalate to drug or alcohol abuse.

20 Ways to Deal with Burnout

So, if you've read the above symptoms and think this sounds a bit like you, it's likely that you are dealing with burnout. However, don't worry; below are several ways to help you manage this condition.

1. Recognize You Are Dealing with Burnout and Isolate the Source

The first step in dealing with burnout is to recognize what you are actually dealing with. Once you conclude that you have a case of burnout, you can begin to address it. Before you do anything else, you need to identify exactly what is causing the burnout in your life and focus on it. This way, you can make the proper changes to remedy the exact source of the problem.

2. Take a Step Back

Now that you have isolated what is causing your burnout, it's time to take a step back from it, whatever it may be. If it's work, take some time off. If something is going on at home, find a way to spend a couple of days somewhere else. This will help you clear your mind and approach burnout rationally.

3. Talk to Someone You Trust

During this time, consider talking to someone you trust about your feelings. They may be able to help you come up with solutions or offer advice on how to deal with your specific situation.

4. Set Boundaries

Next, it's time to set boundaries. If your burnout is caused by work, this is the time to resolve to stop taking your work home. Set the hours you will be available, then stick to them. If this is a home life burnout, it's time to schedule some consistent time for yourself.

5. Take Time for a Hobby

Find something you enjoy doing and set aside an hour or two each week for that activity. It could be something as simple as going for a walk, or maybe you take an art class you've always wanted to take. Whatever it is, make time for it, and during that time, don't even think about the things that are causing your burnout.

6. Work on Self-Care

Besides just finding a hobby, it's time to schedule time for yourself. Whether this means ensuring you get enough sleep each night or taking time each morning for a workout, you need to prioritize taking care of yourself first. Whatever self-care may look like for you, schedule time for it each day and don't let anything interfere with this time.

7. Meditate

According to Healthline, meditation offers several health benefits, including reducing stress. So even if it's difficult, try to meditate every day for 5-15 minutes. You'll probably feel a lot better. You can incorporate this into your self-care routine if you choose to do so.

8. List Your Priorities and Make Cuts

If you're truly facing a burnout situation, the minute you go back to all your responsibilities, you'll likely fall right back into your dismal feelings. This is why you need to list all your responsibilities in life and then prioritize them. It's time to cut the items near the bottom of the list. You probably won't even miss them anyway.

9. Learn to Delegate Tasks

It doesn't matter whether your burnout is caused by work or your home life; it's time to delegate some tasks. Hire an assistant, even if it's just for a few hours a week. If you need a break at home, consider getting a weekly babysitter or maid to lighten your workload.

10. Just Say No to New Projects

As hard as it is, it's time to say no to any new projects. If you are experiencing burnout, you are already too overloaded as it is.

11. Talk to Your Supervisor about Making Changes

If your burnout is work-related, then it's time to approach your boss. Burnout situations cost companies millions of dollars in mistakes and inefficiency — so it's likely your manager will want to help you in any way possible.

12. Get Organized

Sometimes, additional stress can come when you are looking for something and can't find it because your life is messy. Now's the time, while you are taking a break, to get your life more organized, so it isn't a cause of further stress.

13. Take Regular Breaks

If you do return to work after your break, remember the new boundaries you established, and ensure you schedule regular breaks for yourself. This could be an extra 15-minute break every afternoon, or maybe allowing yourself one mental health day a month. Choose something so that you don't feel as if you are endlessly working with no end in sight.

14. Put Your Health First

Burnout can have a negative impact on your health. If you are experiencing physical symptoms, it's time to get those checked out. Even if you have to take time off work for your health, do so. Your health is one thing that will be with you for the rest of your life.

15. Schedule Time Away from Technology

Many people don't realize what stress it is to always be checking their phone or email. It's time to put a stop to this habitual and compulsive habit. Schedule time each day to check and respond to emails. Alternatively, schedule a time each day when you put your phone away and relax or do something you enjoy.

16. Let Minor Mistakes Slide

A significant aspect of burnout is feeling angry at the smallest things. Whether these are mistakes you are making, or maybe someone around you is making. Whatever it may be, it's time to let the small stuff slide. When you find yourself feeling angry, ask yourself if what you are angry about is worth the horrible feelings and the impact on your health. You'll probably find the answer is no.

17. Talk to a Therapist or Coach

If you are struggling with burnout's emotional effects, you may benefit from talking to a therapist or a support group. Either of these will help you discover a healthier way to approach situations so that they won't take such an emotional toll on you.

18. Discover what Motivates You

Think about what motivates you in life. Is it praise? Is it discovering new ways of doing things? Once you learn this, find a way to incorporate it into your job so you can feel motivated regularly.

19. Find a Work/Life Balance

To manage burnout, it is crucial to establish a healthy work-life balance. This means that you work, but it doesn't overtake your life, and you still have time to do the things you love.

20. Make a Big Change

If you've done everything on this list and are still experiencing the adverse effects of burnout, it's time for a drastic change. If work is the cause of your burnout, it's time to find a new job. It may be scary at first, but you'll for sure be happier in the long run.

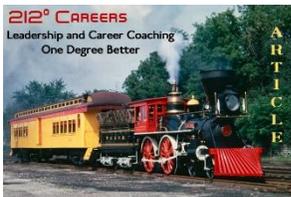
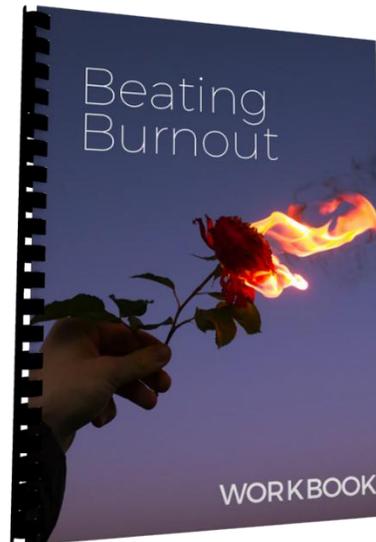
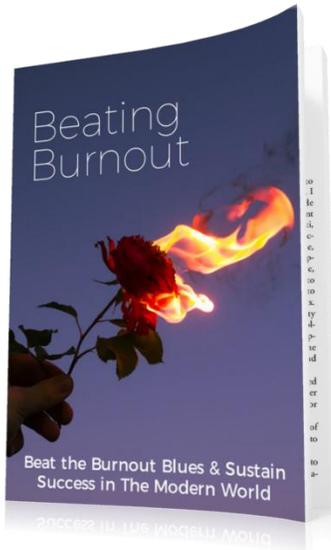
Preventing Burnout—Making Sure It Won't Happen Again

Now that you've successfully recovered from burnout, you're probably wondering how you can make sure it never happens again.

One of the best ways to prevent burnout is to make sure that whatever you do, you are pursuing your passion in life. If this passion isn't your job, ensure you have time outside of work to pursue it, even if you have to make some adjustments to your work life to make it happen.

This will help keep you feeling motivated, effective, and in control of your life, which will effectively keep you from experiencing burnout.

It is also crucial to prioritize self-care. This involves stress management, relaxation, and incorporating mind-body exercises such as yoga, Tai Chi, and meditation to calm and clear your mind regularly.



Scan the QR Code to visit 212-Careers.



The 212-Careers Coaching Journey is designed to address a range of career issues. Burnout is definitely one of them. What's missing from the above list is the value of assessment as part of addressing burnout. Emotional Intelligence, Personality, and awareness of your Strengths can be keys to addressing burnout.