



# Powerful ways to BEAT BURNOUT

Burnout can get the better of you, even when you have great passion for your work. Burnout often results from a misalignment of input and output; you get burnt out when you feel like you're putting more into your work than you're getting out of it. Sometimes this happens when a job isn't rewarding, but more often than not it's because you aren't taking care of yourself.

Before you can treat and even prevent burnout, you need to recognize the warning signs so that you'll know when it's time to take action. Here they are, in no particular order.



Difficulty with work and personal relationships.



Decreased satisfaction.



Health problems.



Losing your motivation.



Cognitive difficulties.



Performance issues.



Taking your work home with you.



Poor self-care.



Fatigue.



Negativity.



**PLATINUM  
HEALTH**

# Fighting Burnout

If you recognise many of these symptoms in yourself, don't worry. Fighting burnout is a simple matter of self-care. You need good ways to separate yourself from your work so that you can recharge and find balance. The following will help you to accomplish this:



## 1. Disconnect.

Disconnecting is the most important burnout strategy on this list, because if you can't find time to remove yourself electronically from your work, then you've never really left work. Making yourself available to your work 24/7 exposes you to a constant barrage of stressors that prevent you from refocusing and recharging. If taking the entire evening or weekend off from handling work e-mails and calls isn't realistic, try designating specific times to check in on emails and respond to voicemails.



## 2. Pay attention to your body signals

It's easy to think that a headache is the result of dehydration, that a stomachache is the result of something you ate, and that an aching neck is from sleeping on it wrong, but that's not always the case. Oftentimes, aches and pains are an accumulation of stress and anxiety. Burnout manifests in your body, so learn to pay attention to your body's signals so that you can nip burnout in the bud. Your body is always talking, but you have to listen.



## 3. Schedule relaxation

It's just as important to plan out your relaxation time as it is to plan out when you work. Even scheduling something as simple as "read for 30 minutes" benefits you greatly. Scheduling relaxing activities makes certain they happen as well as gives you something to look forward to.



## 4. Get organised

Much of the stress we experience on a daily basis doesn't stem from having too much work; it stems from being too disorganised to handle the work effectively. When you take the time to get organised, the load feels much more manageable.



## 5. Take regular breaks during the workday

If you wait until you feel tired to take a break, it's too late—you've already missed the window of peak productivity and fatigued yourself unnecessarily in the process. Keeping to a schedule ensures that you work when you're the most productive and that you rest during times that would otherwise be unproductive.



## 6. Lean on your support system

It's tempting to withdraw from other people when you're feeling stressed, but they can be powerful allies in the war against burnout. Sympathetic family and friends are capable of helping you. Spending time with people who care about you helps you to remove yourself from the stresses of work and reminds you to live a little and have fun.