

# Understanding and avoiding burnout.



Do you ever find yourself feeling exhausted, having trouble concentrating, or feeling irritable or emotionally detached from your work? If so, there's a chance you're experiencing burnout. Burnout happens when you feel significant levels of added work-related stress. It's a fairly common phenomenon that was made worse by the COVID-19 pandemic. But the good news is, by learning effective strategies to build resiliency, you can navigate stressors more easily and, ultimately, ward off burnout altogether.

## Build personal resiliency and avoid burnout through five simple strategies:

- 1. Maintain and strengthen social connections:** Both at work and outside work – it increases your sense of wellness.
- 2. Nurture optimism:** Look for positives in daily experiences. Current stressors are temporary. Move through a stressful situation with a “can-do” attitude.
- 3. Practice self-care:** Take time to nurture yourself, away from work and stressors. Concentrate on improved lifestyle behaviors like sleep, healthy eating, physical activity, hydration, and meditation or mindfulness.
- 4. Work to develop a purpose-driven life:** Try to identify what is meaningful to you and what you'd like to see more of in your own self-identity – for example, giving more to others, having a stronger connection to your family members, spending more time in nature, or nurturing spiritual health.
- 5. Embrace positive psychology:** Identify reasons for gratitude. Try to notice things like the quality of sunshine, the sounds around you, and the smells around you. Savoring the moment and being mindful is a great way to find joy in everyday things.



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