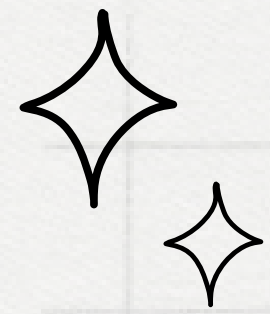




Burnout

By Camilla McCulloch



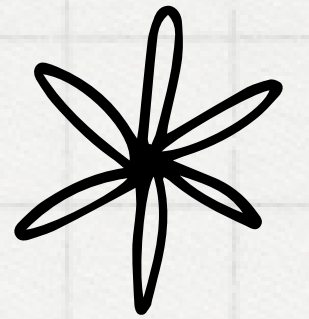
Burnout on a Personal level



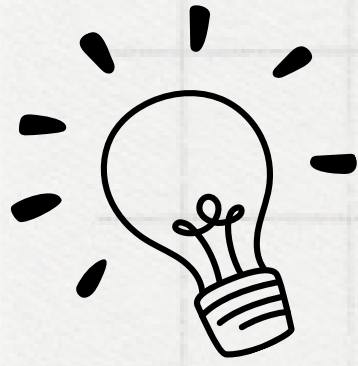
Burnout

“Burnout is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

- Three Dimensions:
 - Feelings of energy depletion or exhaustion
 - Increased mental distance from one’s job
 - Reduced professional efficacy



Emotional and Psychological Signs:



Emotional Symptoms:

- Compassion Fatigue- a person becomes numb to the suffering of others, feels less able to display empathy toward them, or loses hope in their ability to help.

(Psychology Today, 2023).

Psychological Symptoms:

- | | |
|--|----------------------------|
| • Reduced performance and productivity | • Difficulty concentrating |
| • Anxiety | • Fatigue |
| • Detachment | • Low Self- Efficacy |
| • Feeling listless | • Cynicism |
| • Low mood | • Absenteeism |

(Ada, 2022).

Physical Symptoms:

- | | |
|------------------------------|---|
| • Exhaustion | • hypertension |
| • Generalized aches | • Difficulty sleeping/
disrupted sleep cycle |
| • Headaches | • Lowered Immune system |
| • Gastrointestinal Disorders | • Muscle tension |

(Ada, 2022).



Anti Burnout Plan

01

Be Proactive

- Balance time for work and time for self, and time for others

02

Schedule Self-care

- Doctor's appointments to regular exercise.
- Go to events
- Hobbies
- Time alone
- Meditation
- Massage and take time

03

Make your health a top priority

- Getting enough quality sleep
- Having a healthy diet
- Doing exercise

04

Tune in

- Tune in with the messages the body is giving
 - Stiff back -> stretch
 - Feeling down -> eat more dark leafy greens and rest
 - Dry skin -> drink more water
 - Feeling scattered/ Distracted -> Meditate

05

Learn to say no

- I don't have any availability in my schedule right now.
- I'm not going to be able to help you with that but perhaps you might ask Mary.
- I can't make it. Maybe next time.
- No

06

Consider the company you keep

- Do they encourage you?
- Do they support you?
- Do they care?
- Do drain/ criticize you
- Are they unreasonably demanding?

Anti Burnout Plan

07

Step away from the screens

- Turn the TV off
- Put electronics away
- Go outside and look at the sky
- Go for a walk
- Read a book
- Do yoga

08

The little things count

- Close your eyes for 2 minutes
- Take deep breaths

09

Create NEW Habits

- Self-care
- Prioritizing yourself
- Habits are formed by repetition

10

Reach out for help

- Therapy
- Coaching
- Colleagues
- Supervisors
- Classmates
- Trusted friends
- Spirituality



**Thank
you!**

By Camilla McCulloch

Resources

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