



16 tips for battling burnout

1. Reframe the way you look at work.

Reclaim a sense of purpose and control by changing your attitude towards your job.

2. Rediscover the value of your work.

Ask your boss how you add value to the team. Then, let that lead you to find balance in your life. And focus on the parts of your life that bring you joy.

3. Re-evaluate your priorities.

Above all, remember to keep the main thing...the main thing.

4. Get creative.

Try something new, start a fun project, or resume a favorite hobby. Also, choose activities that have nothing to do with work or whatever causes you stress.

5. Set boundaries.

Don't overextend yourself. Specifically, learn how to say "no" to requests. If you find this difficult, remind yourself that saying "no" allows you to say "yes" to what is most valuable to you.

6. Make time for relaxation.

Quiet time is time well spent! Try deep breathing to activate the body's relaxation response. A state of restfulness that is the opposite of the stress response.

7. Take a daily break from technology.

So, completely disconnect from technology to recharge yourself.

8. Take time off.

In other words, take a vacation. Or at least "clock out" at 5 p.m. and use the evening to recharge and refresh.

9. Get plenty of sleep.

Basically, feeling tired can exacerbate and enhance burnout.

10. Make exercise a priority.

It may be the last thing you feel like doing when you're burned out, but science proves that exercise is a powerful way to battle burnout. Therefore, aim to exercise for 30 minutes or more each day. Or break it up into short, 10-minute bursts of activity. For example, a 10-minute walk can improve your mood for two hours. Rhythmic exercise, where you move your arms and legs is an effective way to lift your mood and increase energy.

11. Improve your mood and energy levels with a healthy diet

Overall, what you put in your body has a huge impact on your mood and energy levels.

12. Limit sugar and refined carbs.

You may crave sugary snacks or comfort foods, but they quickly lead to a crash in mood and energy.

13. Reduce high intake of foods that can negatively affect your mood.

For example, avoid caffeine, unhealthy fats, and foods with chemical preservatives or hormones.

14. Add omega-3 fatty acids to give your mood a boost.

For instance, try fatty fish like salmon, flaxseed, and walnuts.

15. Avoid nicotine.

Smoking when you're stressed may seem calming, but nicotine is a powerful stimulant. As a result, it leads to higher levels of anxiety.

16. Drink alcohol in moderation.

Alcohol temporarily reduces worry. But too much can cause anxiety as it wears off.

**Schedule a virtual visit.**

Work with a mental health expert to get support for managing burnout.
We're here for you.