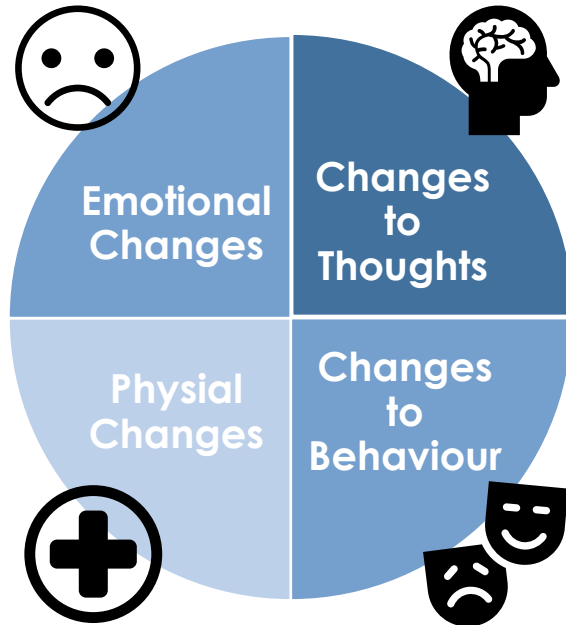


Burnout is when you become emotionally, mentally and physically exhausted. Also known as Compassion Fatigue, it can be caused by prolonged experiences of relentless stress without adequate and healthy coping strategies or helpful support. The following are some of the impacts of burnout:

You may feel the following emotions:

- Nervous
- Angry
- Hopeless
- Helpless
- Reduced Compassion

- Feeling sick
- No appetite
- Headaches
- Poor sleep
- Fatigue
- Shortness of breath
- Decreased immunity leading to more episodes of illness



- Negative thoughts about work
- Cynicism
- Struggling to find meaning in your work
- Reduced belief in yourself
- Distrust of others
- Believing change is not possible
- Unable to switch off from work
- Lack of motivation
- Unable to accept help
- Increased irritability
- Unable to delegate
- Increased use of unhealthy coping strategies, such as alcohol or drugs

Preventing Burnout

- Try to look out for the warning signs and symptoms of burnout so you can act on it early.
- Build your resilience to stress by ensuring to make time for self-care, both physically and mentally.
- Try to establish good work-life boundaries and avoid overextending yourself. Make sure to set aside time to relax and do something you enjoy.
- Ensure to get plenty of sleep.
- Introduce some mindfulness and relaxation techniques into your daily routine.
- Connect with others in a meaningful way.

Recovering from Burnout

- Talk to your friends and family about how you feel.
- Take a break from work to rest, unwind and recharge your batteries.
- Practice self-compassion, reminding yourself that you are doing your best and deserve a break.
- Try to schedule in time to look after yourself, such as by going for a walk in nature or having a long relaxing bath.
- Find ways to help others.
- Consider seeking professional help from a Clinical Psychologist or Well-Being Practitioner.

For more free resources, please visit our website;

www.psychologyassociates.org.uk

0300 303 5233 | enquiry@psychologyassociates.org.uk