



# HOW TO RECOGNISE AND BEAT BURNOUT



# WHAT IS BURNOUT?

Burnout is defined as “a state of emotional and physical exhaustion caused by a prolonged feeling of stress and frustration.” Burnout today is widely recognised as a legitimate medical disorder. Psychologist Herbert Freudenberger first coined the term in the '70s. He described it as the emotional dysregulation and depletion commonly experienced by those in service or helping professions such as medicine and teaching.

*"Burnout happens when you avoid being human for too long."*

## What are the signs of burnout?

- Overwhelming exhaustion
- Feelings of cynicism, along with frustration and anger that lead to detachment from your job
- A sense of failure or ineffectiveness
- Reduction of personal achievement, defined as "a state of doubt of the real capabilities of the individual."
- Difficulty concentrating
- Lack of motivation
- Impacted health outcomes



Anyone who is part of today's modern workplace should expect burnout to be one of the most significant health and wellbeing risks they will face. Workplace stress has created a high incidence of employee turnover and staff absenteeism in the workforce.

# AN INTEGRATED APPROACH TO MANAGING BURNOUT

01

## LOOK AFTER YOUR PHYSICAL SELF

Focus on good nutrition, movement, sleep, and recovery.

All have been linked to improved cognitive function, emotional regulation, memory, productivity, and of course, overall health.

02

## CALM YOUR NERVOUS SYSTEM WITH RELAXATION AND MINDFULNESS

To improve rationality, self-awareness, problem-solving, and feelings of joy.

All of which are important for preventing and managing stress and burnout.

Without clarity of thought, we are less likely to be and feel resilient to challenges.

## IMPROVE YOUR ORGANISATION SYSTEMS, ROUTINE STRUCTURE, AND PRODUCTIVITY

Studies have shown that working harder and longer doesn't equal better quality work. In fact, our productivity decreases with longer work hours which only increases the chances for burnout. Finding ways to work smarter, implement routines, set goals, organise your time, and delegate tasks can drastically diminish feelings of overwhelm.

## SEEK AND SURROUND YOURSELF WITH A SUPPORT NETWORK

Humans are social creatures who rely on others.

Developing better connections and relationships with coworkers and loved ones and building a network of people and practitioners to "fill the gaps" can help us on our path to beating burnout and preventing mounting future stressors.

03

04



# 23 WAYS TO MANAGE STRESS AND BURNOUT



## LOOK AFTER YOUR PHYSICAL HEALTH

- Improve your eating habits
- Address your nutrient deficiencies
- Get enough sleep
- Regular exercise and movement
- Rest and take more breaks

## IMPROVE YOUR ORGANISATION

- Eliminate distractions
- Plan, set goals, prioritise tasks
- Schedule your day and week out
- Embrace delegating
- Make a not to-do list
- Focus on your strengths

## CALM YOUR NERVOUS SYSTEM

- Deep breathing or meditation
- Spend less time on devices
- Do nothing
- Go on holiday
- Work on your mindset
- Develop compassion for yourself
- Have fun and make time for play
- Walk
- Cultivate gratitude

## SEEK SUPPORT

- Find the right team of experts to support you
- Share in experiences with others
- Build connections with coworkers



## Make lasting changes to your health and wellbeing

Get on top of your nutrition,  
lifestyle and mental health so  
that you can feel good in your  
skin and thrive in work, life and  
everything in between.

Do you try to get on top of your health  
and wellbeing but always seem to land  
back at square one?

Engage a Health and Wellbeing Consultant to  
help you improve your eating habits, get on top  
of your organisation and productivity, build a  
healthier lifestyle and beat stress and feel  
happier.

## ABOUT ME

I was once unhappy, overworked and burnt out.  
As a result my health began to decline and I lost  
my ability to conceive naturally. I was riddled  
with anxiety and depression and knew this was  
not how I wanted my life to be. So I decided to  
completely overhaul my lifestyle.

By prioritising my health and wellness, I started  
to feel healthier, happier and more engaged at  
work. Since doing so, I've made it my mission to  
help organisations, schools and individuals to get  
on top of their health, manage burnout and find  
their happiness again.

LEARN MORE

## CONNECT WITH ME

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