

Coping with Burnout

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. Even if you love your job, there will be times when it no longer fills you with satisfaction. It may seem admirable to work yourself sick, but the longer you burn the candle at both ends, the faster you'll burn out. The unhappiness and detachment burnout causes can threaten your job, your relationships, and your health.

Burnout can be healed. Here are some tips on staying healthy:

- **Go on vacation:** Get completely away to broaden your perspective.
- **Just say no:** Stop agreeing to take on so many tasks.
- **Play like a child:** Spend some time doing what is fun for you.
- **Pamper yourself:** Do something just for yourself, whether it's listening to music, exercising, getting a massage, reading or writing in a journal.
- **Take a daily technology break:** Turn off everything, including your cell phone and laptop, even if it's just for a few minutes at a time.

If you constantly feel hopeless, unmotivated and isolated from others consider professional help. Call EASE- - we are here to help **800-882-1341**.



“Strength is the courage...to reach out!”