

How to Avoid Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by ongoing stress. Burnout can lead to feeling disengaged and unmotivated. It can cause symptoms of depression and isolation. Although stress is often unavoidable, burnout can often be prevented. Below are some strategies that can be used to avoid burnout:

1. Exercise Regularly

Not only is exercise good for your physical health, but it can also increase energy levels, decrease stress levels, and create a sense of well-being! A workout does not have to be long or difficult. Even a short 20-minute workout or a walk outside can make a difference to emotional well-being.

2. Prioritize Self-Care

Self-care is taking the time to do activities that help you relax, de-stress, and improve emotional well-being. Self-care is any activity that brings peace and joy and helps replenish your physical and emotional energy. It can look different for every person. Whether it is leisure reading, going for a walk, spending time with loved ones, or taking a long bath, prioritize self-care in your weekly schedule to improve your overall well-being.

3. Practice Good Sleep Habits

Sleep helps your mind and body rest and reset. Getting enough good quality sleep is essential for physical and emotional well-being. Improve your sleep habits by avoiding caffeine before bedtime, establishing a bedtime routine, and avoiding screen time (i.e., computer or television) one hour before bed.

4. Ask For Help

During stressful times, it is important to reach out for help and support. Speaking to someone about how you feel can help you feel more connected and less isolated. Whether you speak to a family member, a friend, a co-worker, or a mental health professional, opening up may help you see the situation in a different light or offer solutions to help you avoid burnout.



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