Burnout: What you really need to know

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The tell-tale signs of Burnout

- Feeling totally exhausted most of the time
- Lack of motivation
- Poor performance
- Irritability and mood swings
- Lack of belief in your ability to complete a task
- Isolation, feeling detached and alone
- Sleep problems
- Frequent illness
- Worry and anxiety
- Brain fog and struggling to be fully present
- Having a cynical and negative outlook
- Feeling overwhelmed

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Recovery requires a holistic approach to address the underlying causes and incorporates self-care, self-reflection, and professional support.

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<tr>
<th>Step</th>
<th>Description</th>
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<tr>
<td>Take a break</td>
<td>Disconnect from work for a bit and focus on self-care instead.</td>
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<tr>
<td>Practice self-care</td>
<td>This may include focusing on physical, mental, and emotional well-being. Get enough sleep, eat nutritious meals, engage in regular exercise, and engage in activities that bring you joy and relaxation.</td>
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<td>Set boundaries</td>
<td>Establish clear boundaries between work and personal life. Learn to say no to excessive work demands and delegate when possible.</td>
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<td>Reflect on career goals &amp; priorities</td>
<td>Does your current job align with your long-term goals? If not, explore possibilities for change, such as changing roles within your organisation, or exploring new career opportunities.</td>
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<td>Seek support</td>
<td>From trusted friends, family, or colleagues. Consider seeking professional help from a therapist, counsellor, or coach who can provide guidance and support in managing burnout.</td>
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<tr>
<td>Practice stress management</td>
<td>Learn and practice stress management techniques, such as meditation, deep breathing exercises, or yoga.</td>
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<td>Prioritize self-compassion</td>
<td>Be kind to yourself. Avoid self-blame or guilt for experiencing burnout. Remember that burnout is a common phenomenon, and it's okay to ask for help and take steps towards recovery.</td>
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Be kind to you!

Recovering from burnout takes time and effort, and it's important to be patient with yourself.

Remember to prioritize self-care, seek support when needed, and make changes in your work and personal life to promote overall well-being.
How to avoid Burnout

Let go of being perfect

Accept who you are

Stay fit

Eat healthily

Take regular breaks

Don’t overload yourself

Listen to your body

Talk about your feelings
# Monthly Accountability Chart

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