

An Ounce of Prevention

Complimentary

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Burnout

Psychology Today

What is burnout?

Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. Though it's most often caused by problems at work, it can also appear in other areas of life, such as parenting, caretaking, or romantic relationships.

Burnout is not simply a result of working long hours or juggling too many tasks, though those both play a role. The cynicism, depression, and lethargy that are characteristic of burnout most often occur when a person is not in control of how a job is carried out, at work or at home, or is asked to complete tasks that conflict with their sense of self.

Equally pressing is working toward a goal that doesn't resonate, or when a person lacks support. If a person doesn't tailor responsibilities to match a true calling, or at least take a break once in a while, they could face burnout—as well as the mountain of mental and physical health problems that often come along with it, including headaches, fatigue, heartburn, and other gastrointestinal symptoms, as well as increased potential for alcohol, drug, or food misuse.

How do you know if you're burned out?

Physical and mental exhaustion, a sense of dread about work, and frequent feelings of cynicism, anger, or irritability are key signs of burnout. Those in helping professions (such as doctors) may notice dwindling compassion toward those in their care. Feeling like you can no longer do your job effectively may also signal burnout.

What's the difference between burnout and stress?

By definition, burnout is an extended period of stress that feels as though it cannot be ameliorated. If stress is short-lived or tied to a specific goal, it is most likely not harmful. If the stress feels never-ending and comes with feelings of emptiness, apathy, and hopelessness, it may be indicative of burnout.

When Burnout Isn't Caused by Work

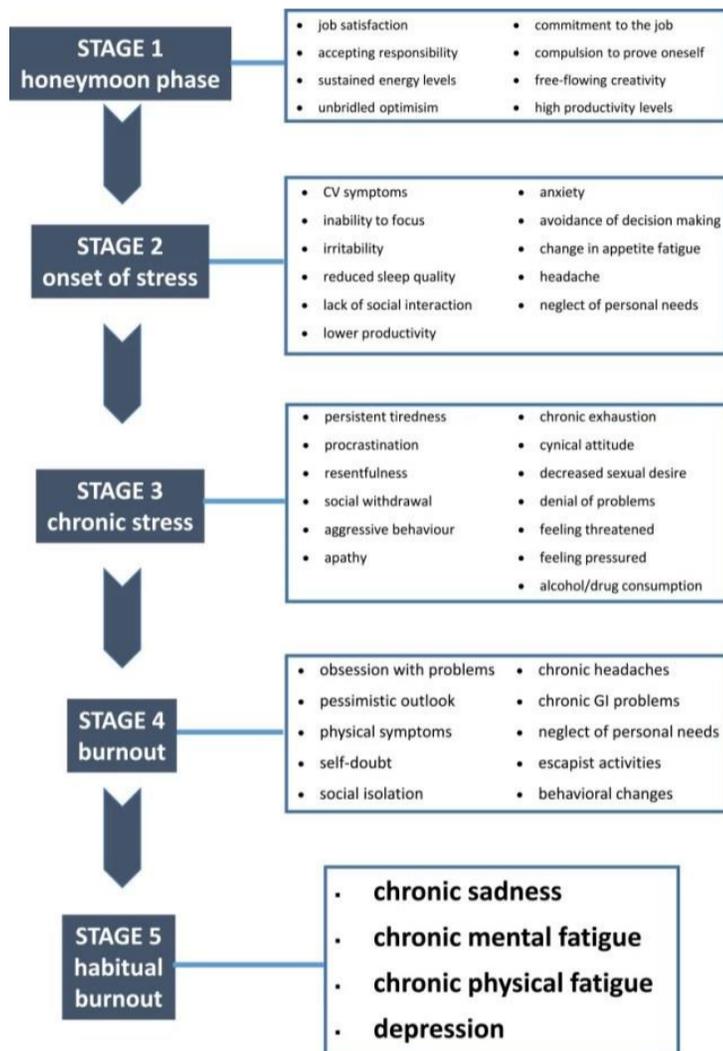
Jobs aren't the only source of the chronic stress that causes burnout. Parents, partners, and non-professional caregivers can also experience endless exhaustion, feel overwhelmed by their responsibilities, or secretly believe that they have failed at their role. These forms of burnout are referred to as parental burnout, relationship burnout, and caregiver burnout respectively.

Non-work burnout, however, is less well-known than that caused by career stress. Stereotypes and stigma—particularly related to parenting—can make those suffering from non-work-related burnout feel as if they are to blame for their

challenges. As a result, they often hide their struggles from others.

But burnout, in any form, can have severe consequences if left untreated. Discussing it openly—either with a spouse, family members, friends, or a therapist—is often the first step to addressing its symptoms, getting needed help, and avoiding negative outcomes.

Stages of Burnout:



14 Tips on How to Recover from Burnout

Erin Eatough, PhD, BetterUp

Despite the grip that burnout has over so many of us, recovery is possible. While there's no quick fix to burnout, there are many ways to alleviate stress levels and return to a healthier state of being.

Here are 14 different tips on recovering from burnout that you can easily incorporate into your daily routine.

1. Track your stress levels

If you're into gadgets, stress trackers are a great way to monitor your anxiety. Trackers also help you to understand more about your personal stress patterns and behaviors.

2. Identify your stressors

Knowing what your stress triggers are will allow you to avoid or reduce interactions with them. Try paying attention to incidents, people, or situations that consistently trigger stress. Aim to avoid them as far as possible

3. Create a habit of journaling

Journaling has proven to be an excellent emotional decompressor. Creating the habit might take some time, but the results will naturally teach you how to recover from mental exhaustion.

4. Seek professional help from a coach or therapist

There's no shame in seeking help from a trained psychologist or coach. In fact, it's encouraged. Therapy dramatically reduces stress levels and can facilitate healing from a mental fitness and emotional well-being perspective.

5. Build a support network

Being able to discuss your struggles with burnout in a safe environment will help to alleviate stress. It will also help reinforce solidarity with those around you. Don't be afraid to lean on others for support, whether those relationships are personal or professional.

6. Get enough exercise

Want to know how to recover from burnout while still working? Try implementing a regular exercise routine. Moving your body will release the tension it holds while producing feel-good hormones like endorphins. Virtual workouts like online yoga help relieve stress without you even leaving the house.

7. Speak up for yourself

Being honest about your situation with a boss or manager may result in a reduced workload and prevent you from working long hours. Don't be afraid to speak up for yourself to create change that could better suit your mental and emotional needs.

8. Learn stress management techniques

Everyone processes stress differently. Stress management techniques such as mindful breathing, intuitive eating, or cardio can only help if you give them a try.

9. Create a work-life balance

One of the many causes of burnout is an imbalanced relationship with work. Cultivating a work-life balance will help you lead a much more functional and stress-free life. Start with small daily actions to balance time spent at work and time spent on non-work activities. For example, use time blocking to reduce your screen time and take up a new health and wellness trend.

If you're a working parent, take enough vacation days to spend quality time with your friends and family. As well as prevent burnout, having a good work-life balance will improve your relationships with loved ones, which is a key aspect of your health and wellbeing.

10. Do things that you enjoy

If you want to know how to recover from mental exhaustion, having fun is a good place to start. Committing to things that make you happy will calibrate stress levels and help you reconnect with yourself on an emotional level.

11. Create a healthy sleep schedule

Not getting enough sleep due to stress poses threats to physical strength, mental focus, and emotional stamina. Try to get at least seven to nine hours a night.

12. Follow a healthy diet

Eating fresh, wholesome meals can boost your immunity and make you less vulnerable to stress and fatigue. Try to embrace a nutritious diet for more energy.

13. Practice mindfulness and meditation

Many people ask, "How long does it take to recover from burnout?" The answer is that recovery is a process, not a destination. Life skills like mindfulness and meditation focus on the bigger picture. This encourages people to cultivate a more peace-oriented lifestyle.

14. Set boundaries

Many people struggle to say no when being asked to take on extra work. Learning how to set boundaries at work and in relationships can help reduce the chances of burnout.

Be enough for you first,
the rest of the world
can wait.

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Net News

Here are some web sites you & your family may find helpful.

Vagus Nerve Massage for Stress & Anxiety Relief
<https://www.youtube.com/watch?v=LnV3Q2xIb1U>

7 Signs Your Child is Burned Out
<https://www.understood.org/articles/en/7-signs-of-burnout-in-kids>

The Ultimate Psychological Guide to Burnout Recovery
<https://psychologycompass.com/blog/burnout-recovery-guide/>

Self- Help Corner:

Alcoholics Anonymous: 780-424-5900
www.alcoholics-anonymous.org
Al-Anon/Alateen: 780-433-1818
Support Network / Referral Line: 211
Distress Line: 780 482-4357
Cocaine Anonymous: 780-425-2715
Access 24/7 – 780 424 2424

Informative Links:

The National Women's Health Information Center:
<https://www.womenshealth.gov/>