

Bye Bye Burnout

Burnout can happen to anybody, so what does it feel like and how can we spot the signs in ourselves and others?

Burnout is a term used to describe what happens when you face long period or intense levels of unmanaged stress. When experiencing burnout you may have warning signs such as:

- Lack of energy
- Feeling emotionally exhausted
- Feeling negative about work
- Feeling detached about your work
- Find it harder to focus or complete tasks

Find Support

A guide to yoga - www.nhs.uk/live-well/exercise/guide-to-yoga/

NHS Mindfulness - www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/

Track your movement - www.nhs.uk/better-health/get-active/

Speak to LifeWorks

You can contact the Employee Assistance Programme (EAP) from a UK landline or a mobile with **FREE** contract minutes on **0800 069 8854**.

For online support, you can visit the LifeWorks website. www.coop.lifeworks.com



Say Bye Bye to Burnout and try the following tips and exercises

- **Get moving** - being physically active not only improves our physical health but also our mental health and powers up our energy. Don't worry if you're not a gym bunny - getting active during breaks or a short walk all help, just get moving
- **Get and stay connected** - time with friends, colleagues and family members that make you feel good about **YOU**. Connecting to others could help overcome the negativity you might feel
- **Get creative** - music, dance, be arty and creative - all are proven to help reduce stress levels. A creative activity can help reduce negative emotions and promote positive ones!
- **Get peaceful** - practice focussing on the moment, notice your breathing, the colours around you. Calming your mind is proven to improve the feeling of mental exhaustion and can help you energise that amazing brain you have

