



mainewell bliss

WHAT IS BURNOUT AND HOW DO WE AVOID IT?

Burnout typically develops gradually over time, often as a result of chronic workplace stress, but it can also be triggered by other factors such as personal life stressors or a lack of work-life balance. Symptoms of burnout may include chronic fatigue, insomnia, irritability, feelings of detachment, loss of enjoyment in activities, and reduced productivity. If left unaddressed, burnout can have serious consequences for both physical and mental health, as well as for professional and personal relationships. It's important to recognize the signs of burnout and take proactive steps to address it, such as seeking support from a therapist, making lifestyle changes, setting boundaries, and prioritizing self-care.

7 steps you can take to avoid burnout:

1. **Physical Rest:** Allow your body to recuperate by getting adequate sleep and incorporating periods of rest throughout the day.

2. **Mental Rest:** Give your mind a break by engaging in activities that promote relaxation, such as meditation, mindfulness, or simply unplugging from technology.

3. **Emotional Rest:** Take time to process and express your emotions in healthy ways, such as journaling, talking to a friend, or seeking therapy if needed.

4. **Social Rest:** Spend time with supportive and positive individuals who energize you, while also setting boundaries to protect your social energy.

5. **Creative Rest:** Take breaks from tasks that require constant creativity or problem-solving by engaging in activities that inspire and stimulate your imagination, such as art, music, or nature walks.

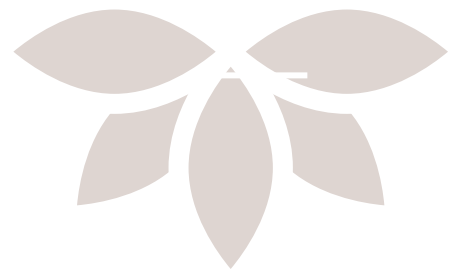
6. **Sensory Rest:** Reduce sensory input by spending time in quiet environments, minimizing exposure to bright lights or loud noises, or practicing sensory deprivation techniques like floating in a sensory deprivation tank.

7. **Spiritual Rest:** Cultivate a sense of purpose, connection, and inner peace by engaging in practices that align with your values and beliefs, such as prayer, meditation, or spending time in nature.

virginia blair

Hospitality leader
and wellness
advocate





For more tips like this:

Find us on Instagram.



"Overextending yourself doesn't make people appreciate you more. It makes them value your time and comfort a lot less"

