

Preventing & Overcoming BURNOUT

Burnout is a state of emotional, physical, and mental exhaustion. It was redefined in 2019 by the WHO as a medical diagnosis resulting from work related stress. If not properly addressed, burnout can lead to depression, anxiety and affect relationships in and out of work.

HOW TO RECOGNISE IT

Physical

Feeling tired and drained most of the time

Lowered immunity, frequent illnesses

Frequent headaches or muscle pain

Change in appetite or sleep habits



Behavioural

Withdrawing from responsibilities

Isolating yourself from others

Procrastinating

Using food, drugs or alcohol to cope

Taking out frustrations on others



Emotional

Sense of failure, self doubt

Feeling helpless

Detachment

Loss of motivation

Negative outlook

Decreased sense of accomplishment

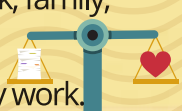


HOW TO ADDRESS IT

Take time off



Find balance in your life – work, family, friends, hobbies, voluntary work.



Be sociable with co-workers



Reach out to those closest to you. Open up.



Set boundaries



Limit contact with negative people and self-talk



Nourish your creative side



Take regular breaks from technology



Find value in your work



Connect with a meaningful cause or community



APPROACH TO WORK

DIET & LIFESTYLE

Long term stress calls for a diet that supports energy production throughout the day and is rich in nutrients needed to produce our stress hormones

Minimise sugar and refined carbs to avoid crashes in mood and energy



Reduce caffeine it triggers our stress response causing further energy dips



Eat regularly and don't skip breakfast – avoid fasting when burnt out



Include protein with every meal and snack – helps keep energy levels even



Include fats from natural whole foods, they are a great source of energy



Avoid processed foods, trans-fats and chemical additives to reduce the toxic load on the body and minimise empty calories



Eat more omega-3 fats shown to reduce burnout



Stay hydrated dehydration affects cognitive function and triggers fatigue



Replenish your gut bacteria they directly influence symptoms (the 'gut-brain axis')



Support digestion and nutrient absorption:

Eat mindfully and chew well

Include easy to digest soups, bone broths, smoothies



Foods rich in **B vitamins, magnesium and zinc** which are all depleted by stress



Whole food diet: wholegrains, green leafy veg, nuts and seeds



Vitamin C rich foods help to produce stress hormones



Peppers, kale, broccoli, watercress



Set aside relaxation time



Minimise alcohol – it causes anxiety as it wears off.



Get plenty of sleep



Aim for at least 30 mins exercise per day but avoid over-exertion



Avoid nicotine – this powerful stimulant can increase anxiety

