



How to Spot and Stop Burnout Before It Burns You Out

What is burnout and what are the risk factors?

Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress, especially at work. It can affect your health, happiness and performance, and make you feel hopeless, cynical and ineffective. Burnout is not the same as normal stress, which can be managed and relieved. Burnout is a chronic condition that requires intervention and recovery. Some of the common symptoms of burnout are:

- Feeling tired, drained and depleted all the time
- Losing interest and motivation in your work or other activities
- Having a negative or indifferent attitude towards your colleagues, clients or customers
- Feeling detached, isolated and lonely
- Experiencing frequent headaches, stomach aches, muscle pain or other physical ailments
- Having trouble sleeping, concentrating or remembering things
- Feeling depressed, anxious, irritable or angry
- Having low self-esteem or confidence
- Abusing alcohol, drugs or food to cope
- Having thoughts of quitting your job or harming yourself or others

Some of the common red flags risk factors include:

- Working long hours without breaks or vacations
- Having a heavy workload or unrealistic expectations
- Lacking control or autonomy over your work
- Having poor communication or support from your managers or coworkers
- Working in a high-pressure or competitive environment
- Facing constant changes or uncertainty in your work
- Having a mismatch between your values and your work goals
- Lacking recognition or reward for your efforts

So yes, in my opinion, we can consider schizophrenia a multidimensional disorder.

How to recover? Restore your energy & motivation

Burnout is a serious issue that can affect anyone. By recognising the symptoms and red flags, and taking action to prevent or recover from it, you can restore your energy and motivation and regain your balance. Some of the common strategies to increase energy and motivation are:

- Take care of your physical health. Your body and mind are connected, so your physical health affects your energy and motivation levels. Make sure you get enough sleep, eat a balanced diet, drink plenty of water, exercise regularly, and avoid substances that can harm your health, such as alcohol, tobacco, or drugs.
- Take care of your mental health. Your mental health also influences your energy and motivation levels. You can practice self-care activities that can boost your mood and well-being, such as meditation, mindfulness, gratitude, journaling, or hobbies.
- Take care of your emotional health. Your emotions can either energise or drain you. If you experience negative emotions such as anger, sadness, fear, or guilt, try to process them in healthy ways. You can talk to someone you trust, write down your feelings, or use coping skills to manage them. You can also cultivate positive emotions such as joy, love, hope, or curiosity by doing things that make you happy, connecting with others who support you, or exploring new opportunities.
- Take care of your lifestyle habits. Your lifestyle habits can also affect your energy and motivation levels. Some habits that can help you restore them are: setting a regular routine that suits your needs and preferences; creating a comfortable and stimulating environment that inspires you; organising your tasks and goals in a realistic and manageable way; taking breaks and rewarding yourself for your achievements; and avoiding distractions and procrastination that can hinder your progress.
- Take care of your work environment. Your work environment can also impact your energy and motivation levels. Some ways to improve it are: finding meaning and purpose in your work; aligning your work values and goals with those of your organization; communicating effectively with your colleagues and managers; seeking feedback and recognition for your work; learning new skills and taking on new challenges; and balancing your work and personal life.
- Take care of your personal relationships. Your personal relationships can also influence your energy and motivation levels. Some tips to enhance them are: spending quality time with your family and friends; expressing your feelings and needs honestly and respectfully; listening actively and empathically to others; resolving conflicts constructively; giving and receiving support; and expanding your social network.

By following these strategies, you can restore your energy and motivation and achieve a better balance in your life.

We are dedicated to improve mental health. If you're interested in more related articles, visit our website today.

References:

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