



# Wonderful Life Academy

## Be the best you can be

### Preventing Burnout Takeaway

This short Takeaway is a simple but very powerful set of tips that will help you to prevent burnout and to manage stress and life worries to help you maintain your well-being.

We know that life can be stressful and the ever increasing demands of modern life can quickly lead to Burnout.

When you experience burnout the exhaustion never lifts and can descend into feelings of meaninglessness and even depression. This can be a severe problem in itself but if we respond badly it can have a severe effect on our Well Being.

It is crucial to understand that burnout isn't always the result of having too much to do. Burnout can be caused by feeling a lack of control over what you are doing or even as a result of not having enough challenge in what you are doing.

Often the temptation here is to work even harder or to sacrifice other areas of Well-Being such as exercise or socialising to get over the feelings you are experiencing.

So What can you do?

The first step to dealing with or even preventing Burnout is to give yourself permission to ease up a little. People will blame a boss, a partner, or even the kids for their lack of downtime but often we are our own worst enemy. Focussing on pacing yourself is the key here. Simple things like taking tiny 'screen breaks' at work or going for a short walk on a lunch break will help. Having a fixed bedtime to avoid sleep procrastination and checking social media or emails will help develop a rhythm in your life and help with pacing yourself.

Just these few simple steps will help you to make better decisions and begin to take control of your well-being.

Now practice these Top Tips to prevent Burnout:

#### **1. Stop Trying to Motivate yourself.**

If you already feel drained or even bored dont add further pressure to yourself and waste valuable energy by trying to get motivated. This will become like beating yourself up for feeling bad. Instead accept and allow yourself to feel the negative emotions and focus instead on taking some small positive steps such as your 5 -a- day.

## **2. Socialise outside your workplace or family.**

Socialising outside your workplace colleagues will prevent the conversation descending into moaning about work and reinforcing all the emotions that add to your feeling of burnout. It's the same with families. If family pressures are adding to your feelings of burnout the socialising outside of this circle can be a welcome break and give fresh perspective to your feelings. So catch up with an old school friend to improve your social Well-Being and help prevent burnout.

## **3. Use Next Action Thinking.**

When you begin to experience Burnout or are feeling overwhelmed focus on 'What is the next action?' You only ever need to do one thing next or answer one email or go to one meeting. You then focus on the next thing and so on. Getting into this mind set can be liberating and can be a great step to improving your mental Well-Being.