



Burnout

What Is Burnout?

Burnout is a stress condition brought on by being involved in an intense situation for a long period of time without adequate rest and recreation. Anyone can suffer from burnout.

Causes and Indicators

Burnout often results when we feel overworked or underappreciated. The indicators of burnout can include exhaustion, hopelessness, low self-esteem, and

frequent illness. Burnout often happens in helping careers such as nursing, but can occur with every job.

Take Care of Yourself

When you ignore physical or emotional needs during a period of constant stress, burnout may result. It's important to take time to heal and recover from burnout. Good self-care includes eating well-balanced meals, getting regular exercise, and adequate sleep. Try sharing your feelings with someone you trust. You might find that communicating with others about your situation is a positive step toward greater health. You can use burnout as a chance to reorganize your priorities and connect with what is important to you.

Learn to tell when you are beginning to feel burned out by a stressful situation. Make time to get away or take time to relax. Knowing yourself well enough to avoid situations of potential burnout can be a healthy strategy for you.