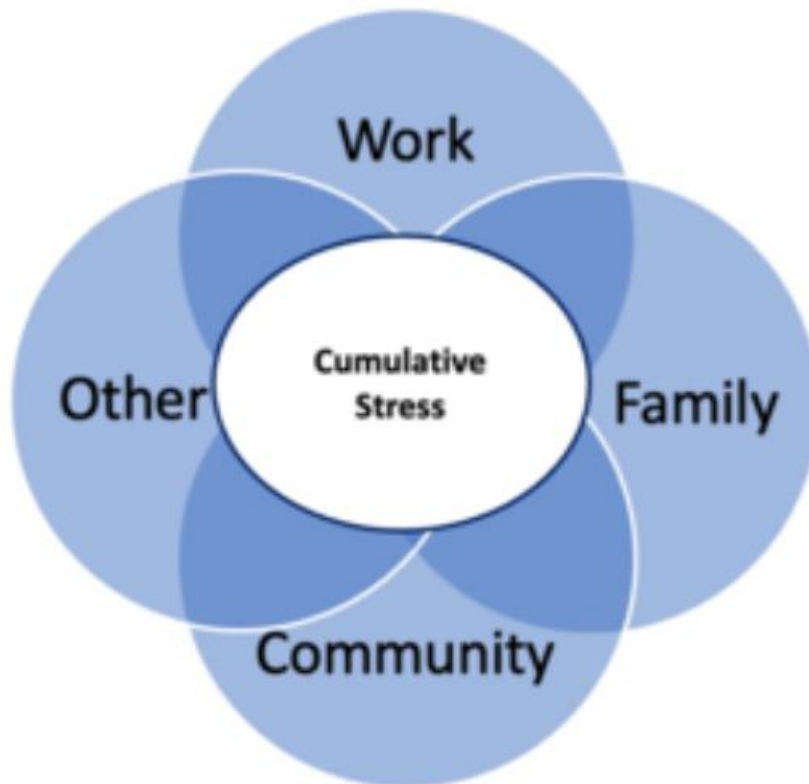


## Burnout

Today's focus is looking in depth at a topic that can affect anyone and its impact on mental health, wellbeing and physical health too. ....Burnout!

Burnout is a state of physical and emotional exhaustion and can occur when you experience long term stress.

It doesn't have to just be stress in your job but could be other things in life as well or a combination of it all.



Burnout is cumulative Source: Dr. Jeff Comer

So why is burnout such a concern?

Well because it doesn't go away on its own and can worsen if you don't address the underlying causes of it.

Burnout is also misunderstood, often stigmatised and costly!

**Burnout is NOT a sign of weakness!**

Gender and age can also play a role in this prevalence, with women and young people reporting feeling more prone to stress and pressure in life.

If you ignore the signs and symptoms it could impact your mental and physical health long term and affect your ability and energy to meet the usual demands of your life.

I've included an article around in depth ways to help tackle burnout and the biggest and most important factor is having a "**community mindset**" to address it collectively, destigmatise it and help each other when we might recognise the signs and symptoms. No one is immune and regardless of what society says, exhaustion is not a status symbol.

<https://www-psychologytoday-com.cdn.ampproject.org/c/s/www.psychologytoday.com/us/blog/beyond-stress-and-burnout/202203/the-top-10-tips-beating-burnout?amp>

If you feel exhausted emotionally and mentally, are struggling to sleep, eat, feel irritable, isolated, down, worried, and those things don't go away with some targeted self care focus, it could be a sign of something bigger.

Please find a trusted person to talk to, speak with a mental health first aider or you can call Education Support Helpline for free and confidential advice. [0800 562 561](tel:0800562561)

Just know that you are not alone and burnout can be overcome.

The long haul of life isn't a race, it's a journey and we're on it together.

**If you feel  
“burnout” setting  
in, if you feel  
demoralized and  
exhausted, it is  
best, for the sake  
of everyone, to  
withdraw and  
restore yourself.**

***Dalai Lama***

[positivityblog.com](http://positivityblog.com)



“  
**YOU CAN DO  
ANYTHING,  
BUT NOT  
EVERYTHING**  
”

*David Allen*

### what burnout is

1. emotional exhaustion- you can't give anymore
2. cynicism and sense of detachment from work
3. questioning your self-efficacy

### what burnout isn't

1. the same thing as being stressed out
2. depression that is unrelated to work
3. a sign of weakness because you can't keep up

joy energy time

**FRIENDLY REMINDER THAT  
"DOING YOUR BEST" DOES NOT  
MEAN WORKING YOURSELF TO THE  
POINT OF A MENTAL BREAKDOWN.**

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#addressyourstress #burnoutbias #nooneisimmune #communitymindset  
#mentalhealthmatters #wellbeingweds #nourishtoflourish #team