



Taking Care of You

We've all encountered stress at the workplace. Sometimes our work duties start requiring more responsibility, or more hours, or even an increased pressure to stay involved while not at work. Your work-life balance becomes unbalanced—and throughout this, you begin to feel disillusioned with your work. If any of this resonates, you could be experiencing burnout.¹

If you're feeling worn out and feel like you're becoming less effective at work—it might be time to look at some strategies to help you develop new habits and stay positive.

Tips to try²

Stick to a schedule: You know how important routines are for your those you care for, but did you know that they can help you too? A schedule can help you separate work and home time. To build this habit, write out your day in a planner...and stick with it!

Take care of you: Those you care for rely on you all day but setting aside time for yourself is key to your physical and mental health. Take time for a quiet walk after work, pack healthy snacks so you aren't hungry during the day or pick up a hobby or activity that you enjoy.

Set boundaries: There may be times when you need to say no. When our plates are overflowing, it can lead to feelings of burn out. Be assertive and clear with those in your life about how you spend your time.

Reach out for support: Whether it's talking to a co-worker or a mentor or reaching out to a professional for mental health support, talking helps! It builds connection and helps us to sort out all that is on our mind. You aren't alone and talking to others can help us to gain a new perspective.

¹ <https://www.forbes.com/sites/learnvest/2013/04/01/10-signs-youre-burning-out-and-what-to-do-about-it/#6e68321a625b>

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