

How to Avoid

WORKPLACE BURNOUT

3. Organise and Prioritise:

Feeling overwhelmed is a major stressor. Combat this by prioritising and organising your tasks. Set clear deadlines, plan your week in advance, and break down large tasks into manageable chunks. This approach can help you stay focused and reduce stress.



4. Connect with Colleagues:

Building relationships with colleagues can provide emotional support and make work more enjoyable. Take an interest in their lives, share stories, and participate in team activities. Strong workplace friendships can help buffer against stress and increase job satisfaction.



5. Get Enough Sleep:

Lack of sleep reduces your ability to handle stress and affects your mood and overall outlook. Aim for 7-8 hours of quality sleep each night to ensure you are well-rested and able to tackle the day's challenges. Establish a bedtime routine to help you wind down and prepare for restful sleep.



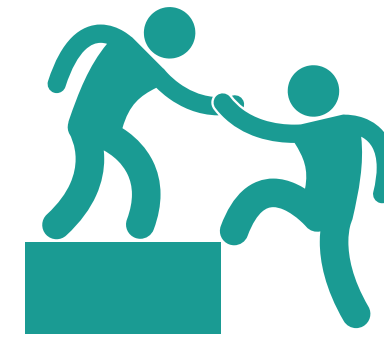
1. Go for a Walk on Your Lunch Hour:

You may feel tempted to power through your tasks without taking breaks, but stepping outside for a walk can work wonders. A breath of fresh air and a dose of vitamin D can re-energise you and put you in a better frame of mind. Even a quick loop around the block can help clear your head and boost productivity.



2. Help Others:

Helping others, even in small ways, can give purpose to your work. It can boost your mood, re-energise you, and help you find significance in what you're doing. Simple acts of kindness can go a long way in creating a positive work environment.



6. Stay Positive:

Your mindset plays a crucial role in managing stress. Focus on maintaining a positive attitude, resisting perfectionism, and concentrating on aspects of your work that you can control. Cultivating positivity can improve your resilience and help you handle daily challenges more effectively.



Managing workplace burnout is essential for maintaining a healthy work-life balance. Implement these tips to reduce stress and improve your overall wellbeing. Remember, Positive Mind Works' Employee Assistance Program (EAP) is here to support you.

Our team offers confidential counselling and guidance to help you navigate work-related stress and personal challenges. Reach out to us anytime for support in improving your mental health and wellbeing.

www.positivemindworks.co