Overcoming Workplace Burnout

Workplace burnout can feel overwhelming, but it doesn't have to define your work life. When stress, long hours, and constant demands take their toll, it's essential to recognize the signs early and take proactive steps toward recovery. By focusing on self-care, setting boundaries, and building supportive relationships, you can regain your balance, reduce stress, and boost your overall well-being.

Tips for Communicating in the Workplace

Set Healthy Boundaries: Protect your personal time by creating clear work-life boundaries and disconnect after work hours.

Prioritize Tasks: Break tasks into smaller steps, prioritize, and delegate to avoid overwhelm.

Prioritize Self-Care: Get enough sleep, exercise, and eat well to recharge physically and mentally.

Take Breaks to Recharge: Step away regularly to clear your mind and refresh your energy, boosting focus.

Seek Support and Build Connections: Lean on colleagues for support and communicate openly to reduce isolation.

ONLINE RESOURCES AVAILABLE

For more support, visit your **National EAP Member Portal** for access to helpful articles, resources, and mindful practices.

(click below)

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