

Prevent Workplace Burnout

Workplace burnout is a growing concern, affecting productivity, morale, and overall well-being. It's important to recognize the signs early and take proactive steps to prevent burnout before it takes a toll. By taking these steps, you can reduce the risk of burnout and foster a healthier, more fulfilling work experience.

Tips for Communicating in the Workplace

Set Clear Boundaries: Establishing work-life boundaries to protect personal time and overworking

Manage Your Workload: Break tasks into manageable steps and be realistic about your capacity to avoid overwhelm.

Prioritize Self-Care: Focus on physical and mental health through rest, exercise, and healthy eating to build resilience.

Take Regular Breaks: Frequent breaks help recharge your energy, reduce stress, and improve focus.

Foster Positive Relationships: Build supportive connections with colleagues to reduce stress and prevent 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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