

Preventing Burnout

Spot the Signs of Burnout. Restore Your Balance.
Put Your Well-Being First.

Sometimes life can be a bit overwhelming, causing us to feel burned out and unmotivated. No matter what is setting you back, it's always good to know you have support to help you move forward.

How Are You Protecting Yourself from Burnout?

Here are some key ways to care for your mental wellness this season:

- Recognizing the early signs of stress and burnout
- Prioritizing rest and recovery, even during busy times
- Creating balance with healthy routines around sleep, nutrition, and exercise
- Setting boundaries to protect your time and energy
- Reaching out for connection and support when you need it

Remember — you don't have to push through burnout alone. You deserve to feel balanced, supported, and well. **Your EAP is here to help you every step of the way.**



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

How Can National EAP Help?

► **Member Portal Disability Resources:**

Explore a rich library of articles, webinars, and tools.



Log in and search "Burnout" to find relevant content.

► **Wysa: Mental Resilience App**

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



► **Work-Life Resources:**

Access support designed to help you prevent and manage burnout, including self-care strategies, stress relief techniques, and mindfulness tools to recharge your energy. Our network of emotional, legal, and financial resources is available 24/7 to support your overall well-being.



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