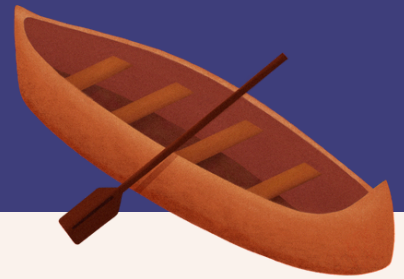




Burnout



People often confuse burnout with feeling stressed and might underestimate its day-to-day impact. Burnout can be understood as unmanaged stress that lasts for an extended period. Burnout can affect many areas of one's functioning and overall well-being. Causes include personal, social, professional, or academic stressors. Left unattended, burnout can cause significant impacts on one's everyday functioning and cause someone to feel they are in crisis.

Checking in with yourself for signs of burnout can be a helpful practice. Look out for these signs (and remember that burnout is longer lasting than feeling stressed):

- Lack of energy
- Constant fatigue
- Difficulty remembering tasks, conversations, etc.
- Decreased motivation to complete tasks (no or reduced motivation)
- Tearfulness Feeling "short" with others or yourself; could look like feeling more on "edge," lacking empathy/ compassion or having limited patience



Checking in with yourself around capacity by asking yourself:

- Can I take this on right now?
- Do I have the energy to complete this task?
- Will this task deadline cause my stress to increase?
- Am I the only person that can complete this task or can I ask for help?

Focus on the basics:

- Ensure you are getting enough sleep, or to the best of your ability, prioritize sleep in your schedule by trying to have a consistent bedtime or using relaxation techniques before bed
- Evaluate your diet and water intake and make changes as needed to make it feel right for you
- Complete personal hygiene and change clothes, even if it feels like it may not make much difference (it really does!)



Burnout



Let's talk about it!

A good tip is to talk about your problems and stressors, even if that won't make them all disappear. Talking about stressors in your life could help your support system to better understand your current difficulties and that you are struggling and may need support. It also helps our support systems to ensure that we do not reach the state of burnout by perhaps taking things off our plates (if they can) or not keeping things in and at least expressing our frustrations, stress, etc.

The first thing to go for many when we feel overwhelmed, have little to no energy, or stressed, is our self-care time. Make sure you are setting time aside where you can do something you love uninterpreted, even if it is as simple as taking 5 minutes to yourself to drink your morning cup of coffee. You need time to connect with yourself and reflect on how you are doing.

Resources

The following self-help resources may be helpful if you are interested in learning more.
Self-Care Assessment: therapistaid.com/worksheets/self-care-assessment

Please note that this handout should not be considered as or substituted for medical advice, diagnosis, or treatment. Layla is not a healthcare provider so your use of this article is at your own risk. If you or someone you know are in need of immediate care, are in crisis or danger of harm, call 911 or proceed to your nearest emergency room immediately. If you are experiencing extreme sleep issues that disrupt everyday life and the solutions provided on this tips sheet have proven unhelpful, please consult a licensed professional for further support.