
Tips to Prevent Burnout

By Eric Endlich, PhD

When stress continues for too long, you can experience the physical or emotional exhaustion known as burnout. However, you may not always recognize the signs of burnout, which include:

- **Feeling overwhelmed.**
- **Trying to escape by neglecting tasks or by excessive drinking.**
- **Lacking joy or interest in your work or home life.**
- **Having frequent insomnia or heart palpitations.**
- **Feeling hopeless or depressed.**

Several strategies can help prevent or reverse burnout.

First, take note of your primary sources of stress. If you are unsure, keep a diary of daily events and your reactions. Identify the things that truly matter to you — this can help you pinpoint what's missing.

Protect your mental wellbeing by avoiding negative people when you can. Look to trusted friends, health care professionals or clergy who will listen supportively and help you think creatively about ways to reduce the stress in your

life. Connect with your coworkers or join a community outside of work. Disengage from electronics and negative headlines. Remember to notice the positives in your life and the world around you every day.

Good self-care is also essential. Take breaks rather than working through lunches. Get enough sleep, exercise and downtime. Learn to say “no” calmly and delegate appropriately. Skipping vacations or working too much overtime can take a toll on your health.

