

## Coping with burnout

### Action-oriented Approach

**Practice silence** for a few minutes to an hour each day. This allows you to honor your space. Time management and **routine scheduling**. Knowing where and how you would like to devote your time each day reduces hassle. When tasks are prioritised they **reduce stress** and make the task **enjoyable**.

**Open communication**. By being **assertive** and **setting boundaries**, we prioritise our wellbeing by stating what we need while still having **empathy** for others.

Reduce noise. Take some time each day to **unwind and reduce distractions** by going offline and engaging in tasks that are outside of work to experience **contentment and joy**.

### Emotion-orientated approach

**Journal**. Allowing yourself to feel the emotions that have come up for you. Offer support and compassion to yourself while you jot these emotions down.

**Affirmations**. Chanting, praying or reciting words or phrases that you align with instills a sense of hope, forgiveness and resilience.

**Imagery**. Creating a safe space for yourself either physically or through visual imagery can provide a sense of comfort and belongingness. This space allows you to be yourself without constraints or restrictions.

**Check-in with your feelings**. Attending to your felt experience facilitates emotion release in a healthy way.

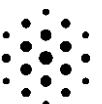
### Acceptance-oriented approach

**Mindfulness meditation** allows you to witness your thoughts and emotions as they are with complete acceptance and **non judgement**. Body scans or guided meditation help you stabilise in the present moment and view things as they are **rather than what they should be**.

Sleep plays an important role in repairing our mind and body from the daily stressors we experience. **Catching enough "zzz's"** acts like a charger to the exhausted brain.

A **healthy and a balanced diet** provides the mind and body with essential nutrients that they require to **combat fatigue and exhaustion**.

**Building resilience** tunes our brain to focus on the learning from a setback rather than **drooling over what went wrong**.



Do I know what is **expected of me** at work? Create a list highlighting the same.

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<input type="radio"/> _____	<input type="radio"/> _____
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Do I have the **right tools and materials** that I need to perform my job/task well? If yes/no, what are these?

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Are the tasks assigned to me easy/challenging keeping in mind my **potential and strengths**?

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Do I receive **recognition** at work?

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Do I feel a **lack of control** at work?

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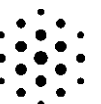
Have I found myself increasingly **critical and cynical** about my job? If yes, then where according to you is this stemming from?

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Do I feel an **unhealthy sense of stress and pressure** every morning?  
Take some time and **jot down** those particular aspects that are making you feel so.

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Do I feel bored or **overwhelmed** when I am planning my day?

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Have I experienced **unhealthy symptoms** such as gastric issues,  
aches or pains due to work stress/working hours?

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Have I found myself using **alcohol, drugs or substance** to cope with the work pressure?

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What do you **love least** about your work? Why?  
Is there a way to reform this activity into something enjoyable?

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Do you feel **isolated**? What can you do to reconnect with people and become part of a flourishing  
community?

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What do you **love the most** and least about your work?

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