



How To Prevent Burnout

GAIN AWARENESS





What helps: Limiting the risks

01

Prioritise self-care

02

Manage exposure to
work stressors

03

Perspective shift

04

Seek support





01 Prioritise self-care

- Notice own reactions to distress
- Ask yourself:
"What do I need in this moment?"
- Take immediate action
E.g. Feeling tired? I need rest.
Feeling anxious? Take calming breaths.
Having aches and pains? Stretch.



02 Manage exposure to work stressors

- Recognise which activities and relationships nourishes and depletes you
- Manage by transforming depleting activities into nourishing activities



exhaustion funnel

Risk of easily getting caught
in simply getting the tasks
done and losing all
enjoyment



 https://compassionresiliencetoolkit.org/media/Healthcare_Section10_IdentifyNourishing.pdf



Finding a balance:



Depleting activities

- Lowers mood
- Drains energy
- Increases stress



Nourishing activities

- Lifts mood
- Increases energy
- Encourages calm and centers





03 Perspective Shift

Strategy 1: Be empowered



Recognise what is not
within my control:
manage reaction(s) by using coping skills

Recognise what is
within my control:
Problem solve and
create action plan

⏪ Christina Reese, Attachment (2018)



Perspective Shift



Strategy 2: Be a friend to yourself

"I am doing the best I can."

"I can learn to accept myself despite my flaws."

"I have an opportunity to grow every single new day."

"Even though I sometimes feel inadequate, I am okay."





04



Seek Support – Outside of Work

Speak to a mental health professional early to:

- explore individualised strategies to manage distress
- have a safe avenue to understand and reflect on experiences





04



Seek Support – At work

Seek out rich interpersonal interactions:

- identify trusted mentors
- band together with others to offer mutual support, identify problems, and brainstorm & advocate for possible solutions



Reach out:

KNOW THE RESOURCES
AVAILABLE TO YOU AT
WORK & IN YOUR
COMMUNITY



Inquire with your organisation of
any peer support, staff counselling
or employee assistance programmes
available.

National Council of
Social Services'
Mental Health Resource
Directory

