



Quick Guide to Help Recover from Burnout

Constant stress can negatively affect your motivation and engagement. While stress from time to time is normal, if it becomes a constant cycle, you're at risk for burnout. This will make it difficult for you to thrive if you consistently feel overwhelmed by your workload. Taking a few simple measures to prevent burnout and reduce stress can go a long way towards keeping yourself healthy, happy, and more productive.

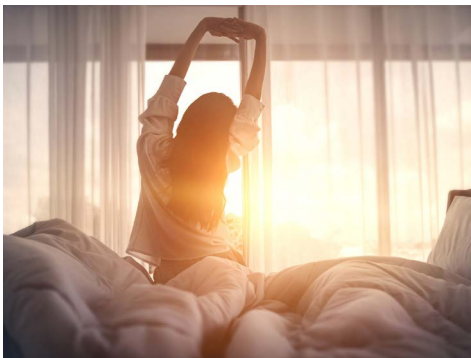
Before you can avoid becoming burned out, it's crucial to be able to recognize the top signs of burnout.



7 Signs of Burnout

- Insomnia
- Frequent Illness
- Working Hard and Feeling Drained Without Signs of Higher Production
- Poor Memory
- Irritability with Coworkers, Friends, and Family
- Unhappiness
- General Lack of Interest/Feeling Unmotivated

How to Combat Burnout



Get Enough Sleep

One of the biggest signs of job stress and a major indicator of burnout is insomnia or sleep disturbances. Getting enough sleep is one of the most important things for your health and well-being. Create a bedtime routine to help you wind down and relax. This can – and should – include turning off the TV or phone at least 30 minutes before you plan to sleep. Turn off your email notifications so you're not tempted to jump back online. Read a book or drink hot tea before bed. These are all great ways to “unplug” from the day and gets your body ready for rest.

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Exercise

Exercise is one of the easiest ways to reduce stress and prevent burnout. Research shows that it stimulates the brain and creates positive mood shifts— giving you a natural, healthy high. Try to be active for a few minutes every day – whether that’s taking a walk or doing a simple seated workout at your desk, just find a way to get moving!

Even 10 minutes of exercising can make a big difference in how you feel.



Take a Break

Another great way to avoid burnout is to take a break. The lines between work and personal time have become very blurred, which has led to an increase in burnout. If you have scheduled breaks at work, make sure you take them. Being able to take a step back from your desk or work station to give your mind and body a break will help you come back refreshed and ready to conquer the rest of the day.



Use Your Time Off

It’s always nice to get away from the daily grind of work. You don’t have to have a big reason to use PTO; you can literally take a day off to do nothing at home if your mental health needs it. Our bodies weren’t meant to work all the time – we’re supposed to take a break now and then. Making regular use of your PTO will help you attain a better work-life balance so you can reduce your stress and avoid burnout.

Working hard is fine, but you can’t work harder than the body will allow. Make sure you are getting enough sleep; this can be accomplished by scheduling some time to rest. It’s equally as important to take short breaks a habit as it is to take advantage of your vacation time. The body needs to relax from stress and exercise, so take a walk or stretch every hour or two. To ensure that you are to reach your full potential.

About EG Workforce Solutions

We’ve been in this business for decades and have developed a deep network of professional connections. Whether they’re companies looking for talent, job seekers looking for work, or an up-and-coming store in need of some temporary help, we know the right people to bridge the gap between the hiring and the hired.

But what’s more, we get to know people. From employers hiring to candidates looking, we take the time to listen and learn. We hear your likes, talents, and needs. We gain an understanding, and with it, we’re able to facilitate lasting relationships between businesses and people.

