

Extinguish Burnout: Reclaim Your Well-being

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. It's more than just feeling tired; it's a feeling of being overwhelmed and unable to meet demands. If you suspect you're experiencing burnout, you're not alone, and steps can be taken to reclaim your well-being.

Recognizing the Signs

- **Exhaustion:** Persistent fatigue, even after rest.
- **Cynicism/Detachment:** Negative attitude; emotional distance.
- **Reduced Performance:** Difficulty concentrating, decreased productivity.
- **Physical Symptoms:** Headaches, stomach problems, sleep issues.
- **Irritability:** Feeling easily frustrated and impatient.

Fueling Recovery: Practical Strategies

- **Prioritize Self-Care:** Schedule time for activities that nourish you: exercise, meditation, hobbies.
- **Set Boundaries:** Say "no" to draining commitments. Protect your time; turn off work notifications after hours.
- **Delegate & Ask for Help:** Don't do everything yourself. Ask colleagues, friends, or family for assistance.
- **Reconnect with Purpose:** Remind yourself why you started. Find ways to incorporate your values into your day.
- **Take Breaks:** Short breaks throughout the day can recharge you. Step away, stretch, or relax.
- **Practice Mindfulness:** Mindfulness can help you stay present and reduce stress.
- **Seek Social Support:** Connect with friends, family, or support groups.
- **Re-evaluate Workload:** Discuss workload with your supervisor if possible.
- **Consider Professional Help:** For severe burnout, seek help from a therapist or counselor.

Preventing Future Burnout: Building Resilience

- **Assess Stress Levels Regularly:** Identify potential stressors early.
- **Develop Healthy Coping Mechanisms:** Use exercise, meditation, or nature to manage stress.
- **Maintain Work-Life Balance:** Prioritize personal life and enjoyable activities.
- **Cultivate Relationships:** Nurture connections with friends and family.
- **Seek Meaning and Purpose:** Find activities that give you a sense of meaning.

Burnout can feel overwhelming, but it's not permanent. By recognizing signs, implementing strategies, and building resilience, you can reclaim well-being and rekindle your spark. Be patient, celebrate small wins, and prioritize self-care. You deserve to thrive.

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