

4 SIMPLE WAYS TO AVOID BURNOUT

before it happens

Stress, the root cause of burnout, causes Canadian economy an estimated \$33 billion a year in lost productivity each year. Over 6 in 10 highly stressed workers identified work as the main source of their stress.

Taking some simple measures to prevent burnout and reduce stress can go a long way towards keeping workers fitter, happier, more productive, and stress-free.



Telltale signs of BURNOUT



SLEEPLESSNESS



IRRITABILITY,
DEPRESSION,
FEELINGS OF
APATHY



FREQUENT ILLNESS

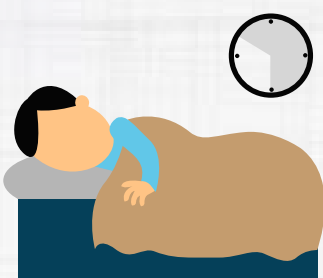


FEELING DRAINED
WITHOUT SIGNS
OF HIGHER
PRODUCTION



FORGETFULNESS

1 GET ENOUGH SLEEP



A good night's sleep makes you able to tackle the day's stress more easily. When you're tired, you are less patient and more easily agitated, which can increase stress.

2 GET OUTDOORS



Studies have shown that people who spend more time in "green spaces," such as parks and woodlands had measurably lower levels of the stress hormone cortisol.

3 EXERCISE



Physical activity produces endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress. It stands to reason if your body feels better, so does your mind.

4 TAKE VACATIONS



Whether a weekend away, or a two-week adventure, Vacations provide a great opportunity to just let go and enjoy your time, away from the stressors of everyday life.

Sources:

<http://lifehacker.com/5907273/use-this-infographic-to-identify-and-avoid-the-signs-of-burnout>
<http://www.macleans.ca/work/dealing-with-the-stressed/>

● The Burnie Group