

Managers, are you burning out?

Learn to recognize and deal with burnout!



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What is workplace burnout?

It is a psychological syndrome that results from prolonged workplace stress, leading to emotional exhaustion, depersonalization, and a decreased sense of accomplishment.

It's not just about working too hard; it's about feeling like your efforts are futile.

Common misconceptions:

- ❌ There's no such thing as burnout
- ❌ Burnout means you're bad at your job
- ❌ Time alone can heal burnout
- ❌ Burnout effects are purely psychological
- ❌ Only you can solve your burnout

3 signs of workplace burnout

- **Tiredness:** Feeling of exhaustion or extreme fatigue.
- **Perceived inefficiency:** You think you are not doing enough.
- **Depersonalization:** Developing cynicism, distancing from work or colleagues, and being overly self-critical when making mistakes.

Steps to combat burnout:

- **Prevent:** Implement strategies to avoid reaching the burnout stage.
- **Recognize:** Identify the signs early.
- **Refocus:** Adjust your workload and priorities.

Preventive measures:

- Assess risk factors in your current job.
- Use your influence to create a supportive environment.
- Take frequent breaks, especially during stressful periods.
- Prioritize self-care.
- Don't hesitate to ask for help.

Let launching a wellbeing program not burn you out!



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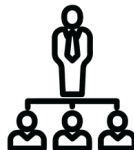
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