Job Burnout – “a psychological state characterized by exhaustion and lack of interest in work...” resulting from “stress and overwork over a long period.” Many of us have been there – due to additional job responsibilities, life responsibilities, and physical fatigue. It’s not good for us – short or long-term. It can wreak havoc on our minds, bodies, and spirits. The good news is there are some things we can do to help get through it.

Recognize when you are overloaded. Learn to say no politely and respectfully to some requests.

• Take control of your life – even if it’s just the small things like calling a good friend for a brief chat, going to a movie, or out to eat with someone who makes you happy.
• Develop a good work-life balance. Leave work at work when you leave. Take care of home and family when you are there. It’s not easy, but it can be done.
• Exercise if it’s just for a few minutes. A short walk just down the hall, stretches to relieve tension, dance, do anything to get moving just for a few minutes.
• Sleep! Humans don’t do well without sufficient sleep. See a doctor if you can’t sleep. Take care of yourself!

THIS WEEK’S CHALLENGE:
1. Find five to ten minutes each day to spend a few minutes on yourself. Read a new book, watch a funny video, learn to tell a new joke, listen to a favorite song, or meditate in peace.
2. Laugh more. Find things that make you happy or laugh and make sure you access them often.
4. Sleep, eat healthy, exercise, and breathe. Do it every day. You are important.

KEEP ON LEARNING
► Read the article from The Muse, “13 Ways the Busiest People Ever Avoid Burnout.” (about a 3 to 5-minute read)
► Read the article from Forbes, “How to Prevent Burnout – 13 Signs You’re on the Edge.” (about a 7 to 10 minute read)
► Join us for Managing Your Priorities, September 25 | 9am.