

HOW TO AVOID WORKPLACE BURNOUT

6 Simple and Effective Tips



GO FOR A WALK ON YOUR LUNCH HOUR

You may feel tempted to power through your task in order to complete it. Instead, take a break, get up and move outside. Even a quick loop around the block can put you in the correct frame of mind. A breath of fresh air and a dose of vitamin D can do wonders.



HELP OTHERS

Helping others, even in the smallest way, is an easy way to give purpose to your work. It makes you feel good, re-energises you, and helps you find significance in what you're doing.



ORGANISE AND PRIORITISE

Feeling overwhelmed is a major stressor. Learn how to handle stress at your work by prioritising and organising. Try setting deadlines, planning in your calendar, writing to do lists and not focusing on more than 2-3 large tasks per week.



CONNECT WITH COLLEAGUES

Get to know your colleagues. Take an interest in others around you; they have families, weekends, holidays, amusing tales, recipes, and so on, and they're probably dying to tell you about them; life is better with friends!



GET ENOUGH SLEEP

Sleep deprivation reduces your ability to cope with even moderate levels of stress and has a negative impact on your mood and outlook. You can't expect to minimise stress if you're lacking sleep, try to aim for 7-8 hours each night.



STAY POSITIVE

Stress management at work is partially to do with your mindset. Your attitude can have a significant impact on your ability to deal with daily challenges. Stay positive, resist perfectionism and focus on what you can control.

