



Let's talk

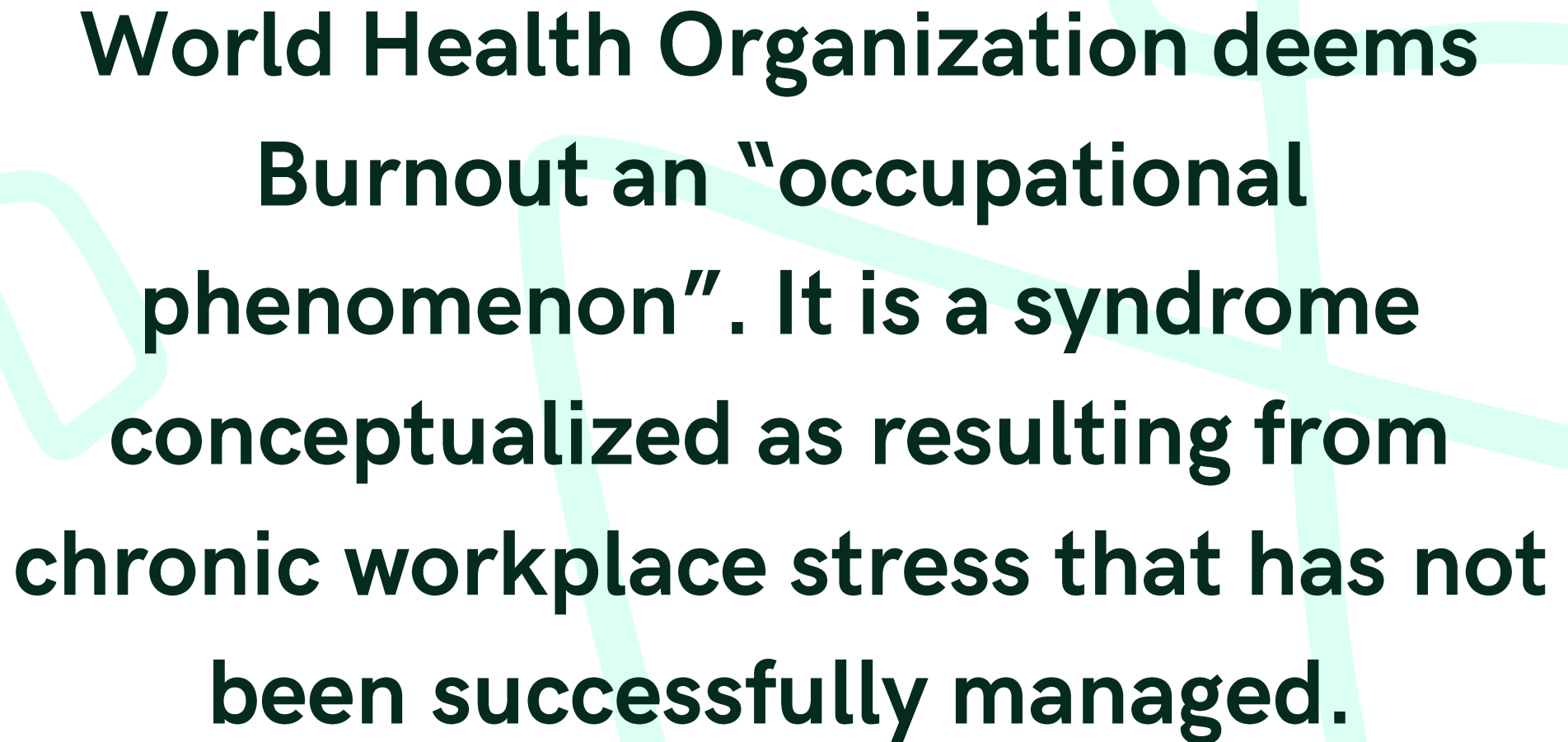
Burnout and the Act of Balancing

Disclaimer

- This is a general discussion about burnout
- If you are looking for advice about a specific situation speak with a health profession

Approach

- Burnout - Symptoms, causes
- Act of balancing
- Role of individuals and organizations in helping create awareness

The background features several thick, light teal lines that meander across the white space, creating an abstract, organic pattern. These lines vary in thickness and direction, some forming loops and others extending towards the edges of the frame.

**World Health Organization deems
Burnout an “occupational
phenomenon”. It is a syndrome
conceptualized as resulting from
chronic workplace stress that has not
been successfully managed.**

Symptoms of Burnout?

Physical and Mental Exhaustion

Emotional Fatigue



Burnout v/s Stress

The background is a solid teal color. It features several thick, white, abstract, hand-drawn style lines that meander across the frame. These lines are irregular and fluid, creating a modern, minimalist aesthetic. One line starts from the top left, curves downwards, and then turns right. Another line starts from the top right, curves downwards, and then turns left. A third line starts from the bottom left, curves upwards, and then turns right. These lines intersect and overlap, creating a sense of movement and depth.

Causes of burnout



**How do you manage
burnout once it occurs?**

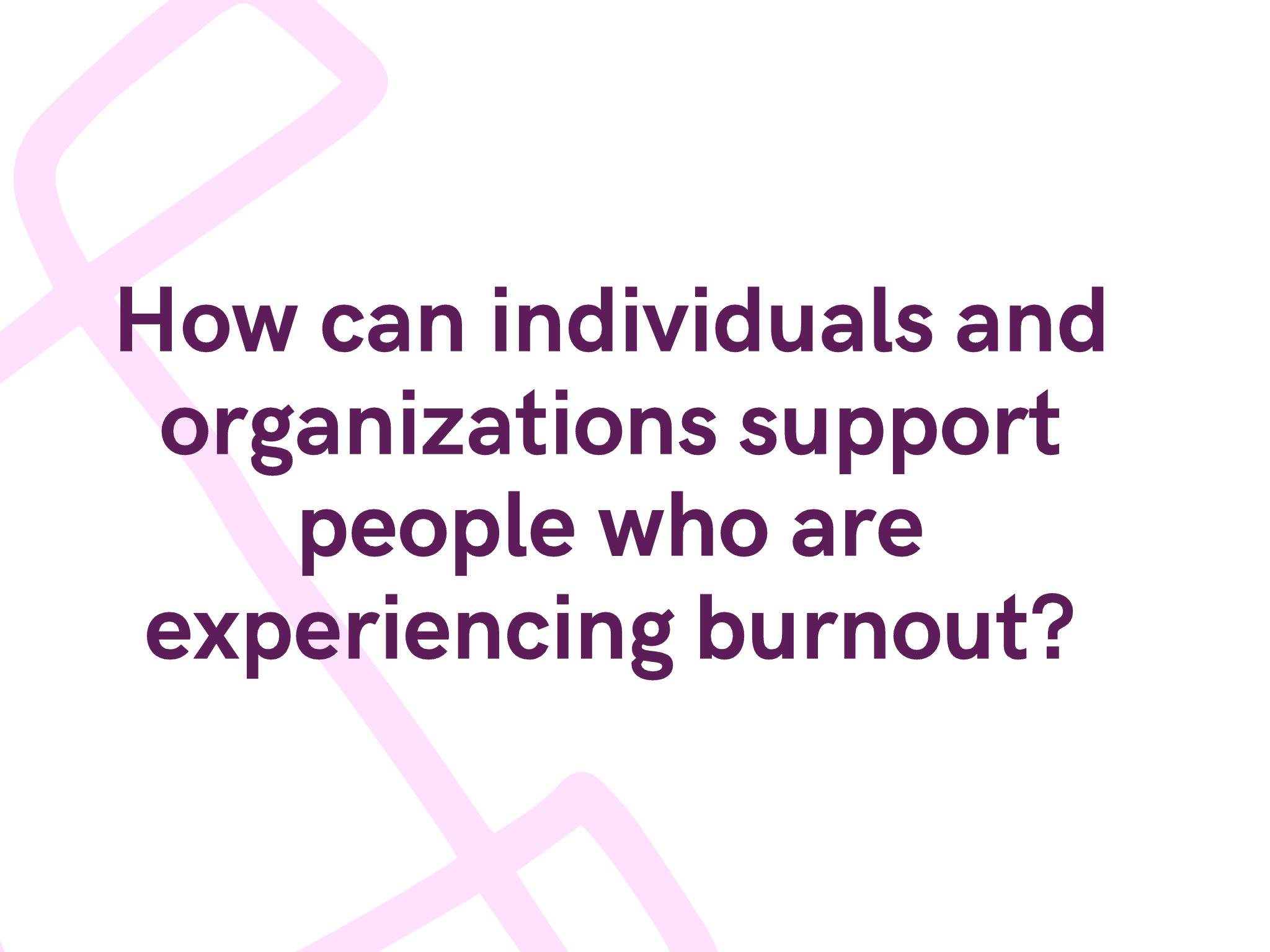
Strategies to balance



Self care

Work life
balance

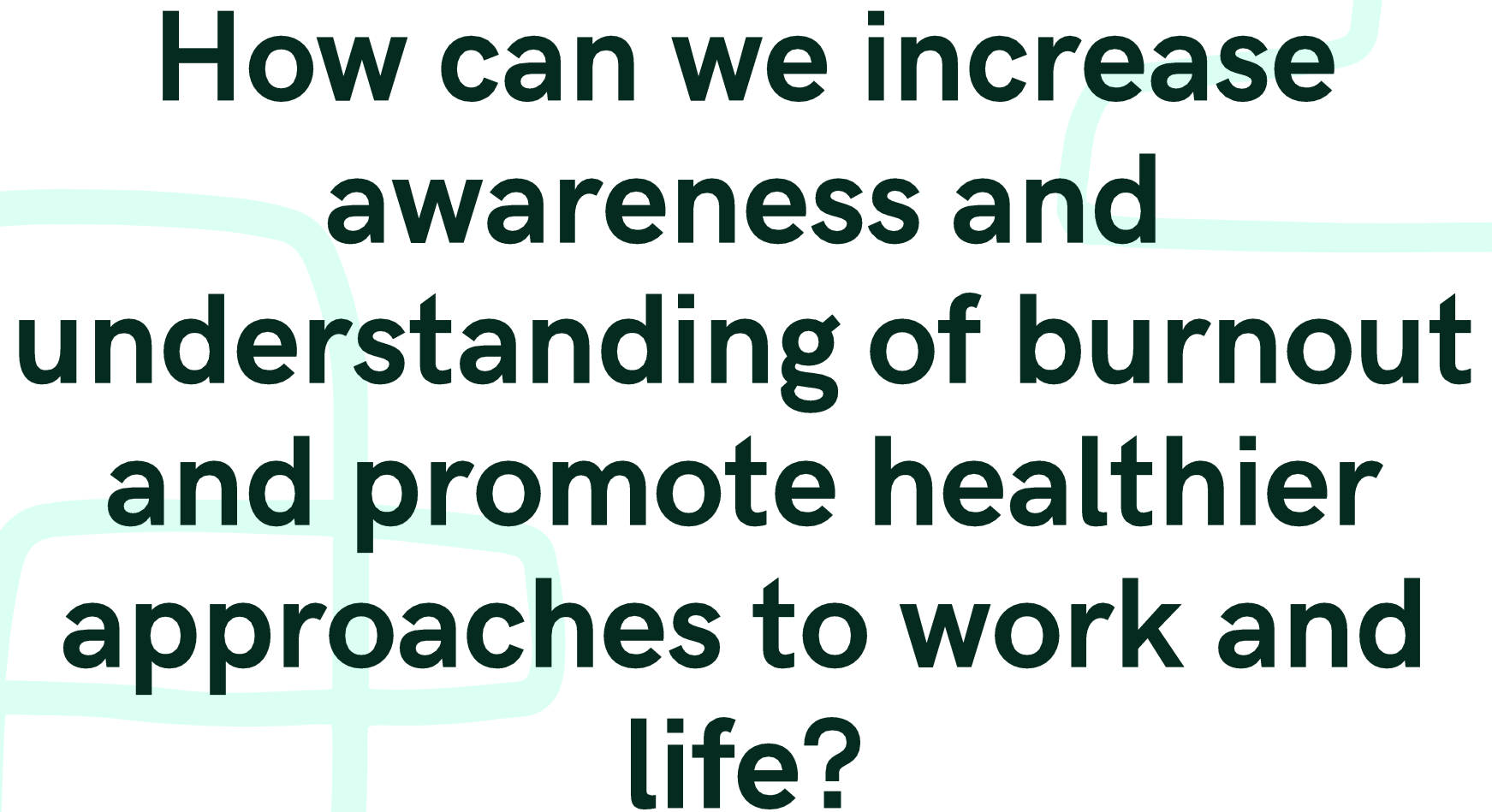
Meditate

The background features several thick, light pink lines that intersect to form abstract geometric shapes, including a large 'X' and various polygons, creating a modern and dynamic visual effect.

How can individuals and organizations support people who are experiencing burnout?



What are some cultural and societal factors that contribute to Burnout?

The background features several thick, light teal lines that meander across the slide, creating a modern, abstract design. These lines vary in thickness and direction, some running horizontally and others curving upwards or downwards.

**How can we increase
awareness and
understanding of burnout
and promote healthier
approaches to work and
life?**

Links

WWCode Digital + DFW

Burned Out: we worked through a pandemic, now what?
<https://youtu.be/IHe4c0jHvLQ>

How to talk to your boss about burnout

<https://www.forbes.com/sites/carolinecastrillon/2021/02/21/how-to-talk-to-your-boss-about-burnout/>

The dangerous reality of WFH burnout and how to treat it

<https://www.forbes.com/sites/laurelfarrer/2020/05/29/the-dangerous-reality-of-wfh-burnout-and-how-to-treat-it/?sh=52b401124878>

Bene brown - Unlocking Us Podcast

<https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>