

# A GUIDE TO MANAGING BURNOUT



## **Burnout**

/ˈbɜːn, ɔʊt/ Noun

A state of emotional, mental, and physical exhaustion resulting from prolonged or excessive stress.

HELP LINES FOR MENTAL HEALTH  
SUPPORT

SAMARITANS 24/7 SUPPORT LINE  
116 123

MIND SUPPORT LINE  
0300 102 1234

NHS URGENT MENTAL HEALTH SUPPORT  
111

## REDUCE THE BURNOUT

### Relaxation techniques:

- Deep breaths - reduces blood pressure.
- Meditation and mindfulness - promotes emotional stability.
- Progressive muscle relaxation - alleviates physical tension.

### Work-life balance:

- Set boundaries.
- Seek support.
- Prioritise yourself/self-care.

### Physical activities:

- Exercise.
- Well balanced meals.
- Learn new skills.
- Participate in non-screen related activities.



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