

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 breathes - 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.



@KIT_CODES



@kitaljard