July 5 is National Workaholics Day (and Here’s Why That’s Messed Up)

July 5 has been deemed National Workaholics Day, and we, for one, are not impressed. Why? Because the research has already shown just how harmful workaholic habits can be to employees everywhere. So many face burnout, stress, depression, and a load of other mental health issues.

# **What is Burnout?**

Burnout is a mental health condition faced by many employees in the workforce these days. The condition is a form of mental exhaustion that is caused by an overload of work and results in struggles with mental health, concentration, and motivation.

There are many reasons one may face burnout, such as:

* Dealing with micromanagement
* Having an excessive workload
* Working in a hostile environment
* Having unclear work expectations
* Having unrealistic deadlines to meet

Burnout can look different in all of us. However, there are a few common signs one can look for if they believe they are struggling with it. A few signs and symptoms of the mental health condition include:

* Constantly feeling exhausted, unhappy, and stressed when thinking about your work
* Coping with negative feelings about your work
* Being unable to concentrate on your work
* Producing lower quality work
* Feel unmotivated to complete your work

# **Coping with Burnout**

Coping with burnout can be especially difficult when you don’t have the resources to just up and quit your job because you have outgrown it. Just because quitting is not an option for you does not mean that you will have to continue to suffer through your burnout. There are a few ways you can combat burnout without quitting, including:

## **Examining Your Thought Patterns**

When struggling with burnout, it can be easy to see nothing more than the negative aspects of your job. Work to reframe your thoughts to remind yourself of a time your job was just what you wanted and why. Who knows? You may fall in love with it all over again!

## **Make Time for Yourself**

When your workload is preventing you from properly caring for yourself, your mental and physical health will both take a hit. Prioritize creating healthy routines that involve self-care rituals like working out and participating in activities you enjoy.

## **Talk to Someone**

We are a social species, after all, which means that each and every one of us could benefit from talking with someone we trust. Maybe it’s somebody who can make important changes, like your boss or coworkers. Or, maybe it’s somebody who just makes you feel supported during your struggles. Either way, you will feel better after [opening](https://www.forbes.com/sites/pauladavis/2021/06/22/how-to-talk-about-burnout-at-work/?sh=75e16dcc5d3f) up.

## **Building a Healthy Work-Life Balance**

Building a healthy work-life balance is one of the most important things you can do to prevent and cope with burnout. After having hustle culture pushed so hard on our society for so long, it may seem difficult to even know where to begin building this healthy work-life balance. A few ways you can get started include:

* Setting strict, clear boundaries with your job
* Keeping work away from your home life
* Making time to do the things you love

# **We Are Here for You**

If the stress and feelings of burnout are beginning to feel too much for you, we are here to help. Our experienced, compassionate team of therapists would love to work with you through these difficult thoughts and struggles. If you would like to learn more about therapy for burnout, [contact](https://michiganpsychologicalcare.com/contact.php) us today.

**References**

<https://www.forbes.com/sites/pauladavis/2021/06/22/how-to-talk-about-burnout-at-work/?sh=75e16dcc5d3f>

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