

# Avoid Job Burnout



Are you heading for burnout? It's important to be aware of the early signs of job burnout, which include feeling tired or worn out, especially when you think about work; losing enthusiasm for or putting off work; being less efficient than normal; gossiping or "griping" frequently at work; or feeling that your workplace will fall apart without your contributions. MVP Health Care wants to help you manage job burnout – starting with these simple strategies for work-life balance, so you can say "goodbye" to burnout.

## Keep Your Balance!

1. People who burn out usually give the lion's share of their time, energy and emotional lives to their jobs. They may identify themselves almost completely in terms of the work they do. If you balance work with other aspects of life, however, you are far less likely to burn out. Make sure you have an active life outside of work. If necessary, schedule enjoyable activities on your calendar. Make them a priority.
  - Spend time with family or friends
  - Do home improvements or crafts
  - Go out – to the movies, a museum, a sporting event
  - Spend time outside – gardening, biking, playing a sport
  - Get involved in your community
2. Give some thought to who you are as a person. If much of your identity revolves around work, try to broaden your self-image. Ask yourself these three questions:
  - Who are you, other than a worker?
  - What are your most valuable characteristics in your non-work roles?
  - What do you want loved ones and others to remember about you?
3. Take the vacation time you have. People who burn out often haven't taken vacations in months or even years. It's especially important to take a vacation if you believe that things will fall apart at work if you go away.

Log in at [www.workwellonline.com](http://www.workwellonline.com) and click *Wellness Tools & Activities* for more ways to live well!



**Work Well, Live Well**  
WORKSITE WELLNESS PROGRAM

## **Maintain Your Physical Health**

You're on the road to burnout if you allow yourself to get physically run down. Physical activity helps prevent stress that translates into fatigue and other physical symptoms. Being in good health buffers you against burnout.

- Engage in activities that add up to 30 minutes at least five days a week. Try to do activities you enjoy—walk, run, bike, swim or work out at the gym.
- Eat regular meals and a balanced diet, including plenty of fruits and vegetables, grains, low-fat dairy products, fish and lean meats. Downplay snack foods and desserts.
- Get enough sleep. Figure out how much sleep you need to feel good. Make sure you get it by going to bed earlier, if necessary.