



*Navigating Burnout:  
Strategies for  
Reclaiming Balance*

# *Welcome!*



## *Understanding Burnout*

Burnout is more than just feeling stressed; it's an ongoing state of emotional, mental, and physical exhaustion caused by prolonged exposure to stressors. It can impact various aspects of your life, including work, relationships, and overall well-being.

# RECOGNIZING THE SIGNS OF BURNOUT

It's essential to check in with yourself regularly and recognize the signs of burnout, which may include:

- Lack of energy and constant fatigue
- Difficulty remembering tasks and conversations
- Decreased motivation and tearfulness
- Feeling "short" with others or lacking empathy and patience



# *Strategies for managing burnout*

## **Assessing Your Capacity**

Ask yourself these questions to assess your capacity and determine if you're taking on too much:

- Can I handle this task right now?
- Do I have the energy to complete it?
- Will this task deadline increase my stress?
- Can I ask for help or delegate tasks?

## **Prioritizing Self-Care**

Focusing on the basics of self-care can help mitigate burnout and restore balance to your life:

- Ensure you're getting enough sleep and establish a consistent bedtime routine.
- Evaluate your diet and hydration levels, making adjustments as needed.
- Maintain personal hygiene and change clothes regularly to promote a sense of well-being.
- Set aside time for activities you enjoy, even if it's just a few minutes each day.

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## **Seeking Support**

Talking about your stressors with trusted friends, family members, or colleagues can help alleviate feelings of overwhelm and prevent burnout. Expressing your frustrations and seeking support from your network can provide perspective and assistance in managing your workload.

## **Prioritizing "Me Time"**

Despite feeling overwhelmed, it's crucial to prioritize self-care activities. Carve out time in your schedule to engage in activities that nourish your soul and promote relaxation, even if it's just a few minutes each day. Taking moments to connect with yourself and reflect on your well-being can help prevent burnout and foster resilience.

*We are here  
for you!*



We hope you found this resource helpful. At Peel Psychology and Therapy Centre, we genuinely care about you and are here to support you every step of the way on your journey. If you would like to book another appointment with your clinician, or if you are new and want to schedule your first session, please don't hesitate to reach out. You can also sign up for our mailing list to stay informed about our workshops and community events. We're here for you, always.

# *References:*

- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>
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- HelpGuide. (n.d.). Stress Management. Retrieved from <https://www.helpguide.org/articles/stress/stress-management.htm>
- <https://www.healthline.com/health/mental-health/burnout-recovery>
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