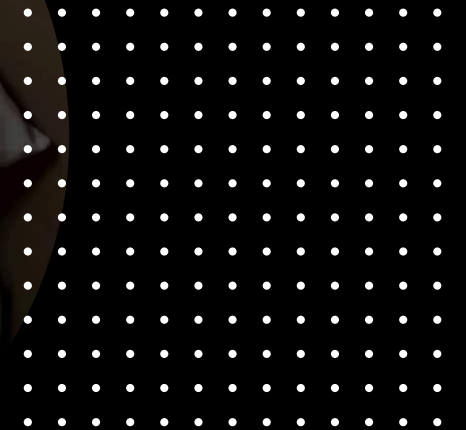
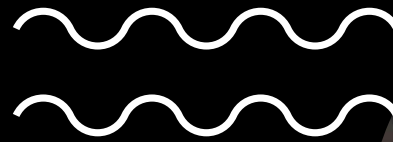
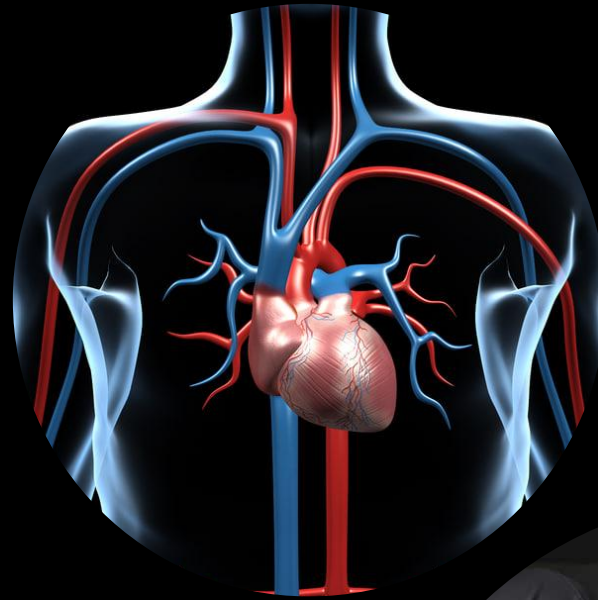


Strategies to improve work-related stress & burnout

Fact #1: Work-related stress and burnout are common comorbidities found in human services professionals



***Fact #2:
work-related stress
and burnout are
associated with
negative health
consequences, such
as anxiety,
depression, sleep
disorders,
cardiovascular
diseases, substance
abuse, and suicidal
ideation.***



Fact #3: work-related stress and burnout can be managed by coping strategies:





- *Identify your stressors (check and compare your answers from Cope, Stress, & Burnout questionnaires)*

- *Develop healthy routines and habits (eating, sleeping, & exercising)*





- ***Establish healthy boundaries between work-home-personal lives (turn off your work phone/computer at home)***

- *Take time to recharge (spend quality time with yourself)*

- *meditation*

- *prayer*

- *listen to music*

- *read a book or magazine*



- *Water sports and outdoor activities (alone or with friends and family)*



- *Social and peer support (you are not alone)*



- *Practice relaxation strategies (breathing, grounding, meditating, & laughing)*

