

Tackling Burnout

Burnout is not a diagnosis but rather a combination of symptoms which include:

- Exhaustion
- Increased anxiety and depression
- Loss of ability to empathize and connect
- Feelings of ineffectiveness and lack of accomplishment
- Absenteeism
- Anger and Irritability

Stress, both in and out of the workplace, is a fact of life for many. This usually occurs because of prolonged stress or frustration. Sometimes the cause is the work environment, stressful jobs, lack of support and resources, and tight deadlines can all contribute to burnout. This is increasingly common when employees feel they have too much going on in their lives.



What can you do about Burnout?

- Understand reasons for burnout
- Notice if you are experiencing any of the symptoms
- Identify sources of stress
- Find mutual agreeable solutions
- Assess whether expectations are realistic
- Ask for help

Make time for self-care.

- Try a relaxing exercise
- Mindfulness (Meditation) Sessions
- Counseling Support

CONTACT US

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Help and support can be provided to you by contacting us at our toll-free confidential number.

