






Symptoms of Burnout and Ways to Prevent It

 <p>1</p> <h3>Continuous Fatigue</h3> <ul style="list-style-type: none">- physical and mental exhaustion- lacking energy to be productive- difficulty concentrating- brain fog- feeling emotionally drained	 <p>2</p> <h3>Apathy</h3> <ul style="list-style-type: none">- persistent demotivation- reduced interest in work- decline in work quality- difficulty in making decisions- reduced pace of work	 <p>3</p> <h3>Emotional Changes</h3> <ul style="list-style-type: none">- becoming distant from others- loss of enthusiasm- Irritability- Impatience- Feeling ineffective- Increased self-doubt	 <p>4</p> <h3>Physical Changes</h3> <ul style="list-style-type: none">- increased tension i.e. headaches/ muscles- digestive changes- disrupted sleep patterns- frequent illness- increased blood pressure	 <p>5</p> <h3>Habit Changes</h3> <ul style="list-style-type: none">- diet changes- sleep changes i.e. quantity and times of sleep- reduced socialising
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<p>Take Regular Breaks (including micro breaks throughout the day)</p>	<p>Wind down from work (hobbies old and new!)</p>	<p>Build and Use Your Support Network (both inside and outside of work)</p>	<p>Expand Your Perspective and act - what can you change/ control?</p>	<p>Delegate and share leadership roles where possible</p>	<p>Establish clear working boundaries and realistic expectations</p>	<p>CPD- stay current with trends and new learning to prevent stagnation</p>
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Top Tip!
Having a 'Burnout Plan' within your organisation can support any member of your team or staff who is experiencing burnout.



Expand your capacity, evolve your community, innovate your systems.