Understanding and avoiding burnout.

Do you ever find yourself feeling exhausted, having trouble concentrating, or feeling irritable or emotionally detached from your work? If so, there's a chance you're experiencing burnout. Burnout happens when you feel significant levels of added work-related stress. It's a fairly common phenomenon that was made worse by the COVID-19 pandemic. But the good news is, by learning effective strategies to build resiliency, you can navigate stressors more easily and, ultimately, ward off burnout altogether.

Build personal resiliency and avoid burnout through five simple strategies:

1. **Maintain and strengthen social connections:** Both at work and outside work – it increases your sense of wellness.

2. **Nurture optimism:** Look for positives in daily experiences. Current stressors are temporary. Move through a stressful situation with a "can-do" attitude.

3. **Practice self-care:** Take time to nurture yourself, away from work and stressors. Concentrate on improved lifestyle behaviors like sleep, healthy eating, physical activity, hydration, and meditation or mindfulness.

4. **Work to develop a purpose-driven life:** Try to identify what is meaningful to you and what you'd like to see more of in your own self-identity – for example, giving more to others, having a stronger connection to your family members, spending more time in nature, or nurturing spiritual health.

5. **Embrace positive psychology:** Identify reasons for gratitude. Try to notice things like the quality of sunshine, the sounds around you, and the smells around you. Savoring the moment and being mindful is a great way to find joy in everyday things.

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