TIP SHEET

Boost your wellbeing: 10 tips to prevent burnout

Speak to a wellbeing expert

It's nearly impossible to navigate the ups and downs of life without feeling stressed. A common experience in today's fast-paced world is feeling overwhelmed, which can leave individuals mentally and physically drained. As the fear of becoming overwhelmed sets in, we find ourselves experiencing heightened stress, eventually leading to burnout. Burnout is a state of mental exhaustion caused by excessive stress, which affects our wellbeing both in and outside of the workplace.

A growing global issue

The impacts of burnout are profound and can take a toll on mental and physical health, affecting all aspects of your employee's work performance. Mental and physical health go hand in hand; your people need to be healthy mentally to be healthy physically and vice versa. Burnout can occur without realizing it, so it's essential to help your people take preventative measures to prioritize their overall health and wellbeing. According to the [Deloitte 2023 Well-being at Work survey](#), many employees struggled to prioritize their health and engage in positive wellbeing behaviors. The survey showed that "only around one out of three employees feel their job has a positive impact on their physical (33%), mental (32%), and

social (31%) wellbeing. Even more alarmingly, a significant percentage of employees say their job negatively affects their physical (33%), mental (40%), and social (21%) wellbeing." The link between burnout and poor wellbeing is undeniable.

However, burnout is not an inevitable outcome of life and there are proactive steps that can be taken to help your people prevent it. By understanding the nuances of burnout and taking intentional steps towards better wellbeing, we can create a more balanced and fulfilling life at work and at home. Take action with these 10 tips to boost wellbeing and avoid getting to the point of burnout.

1 Prioritize self-care

Make time for activities that bring you joy and relaxation. At work, take 5 minutes a day for [a quick meditation](#) or breathing exercise. At home, listen to music, watch a movie, or spend time with your loved ones. Challenging yourself to test a new self-care routine can make a significant difference.

2 Set boundaries

Establish clear boundaries between work and personal life. This will create a [work-life balance](#) that is heavily needed to maintain a strong state of mental and physical health. Strive for work-life integration by setting boundaries, scheduling regular breaks, and embracing flexibility to ensure a harmonious balance between your professional and personal life.

3 Stay active with enjoyable activities

Regular exercise can increase energy levels, improve sleep quality, enhance memory, reduce stress, and calm the mind. Some individuals may dislike the gym, which is perfectly fine; you can try dancing, walking, and cycling. Anything to stay active will promote a balanced lifestyle that will benefit your mental and physical health. Exercise, in general, is a valuable and simple tool to enhance your quality of life.

4 Make time for leisure

Leisure activities like hiking, cooking, dancing, painting or anything else you enjoy can reduce stress and spark inspiration or motivation, which all contribute to a healthy mental and physical state. Prioritize activities that truly rejuvenate you and align with your interests, allowing you to unwind and find joy in the present moment.
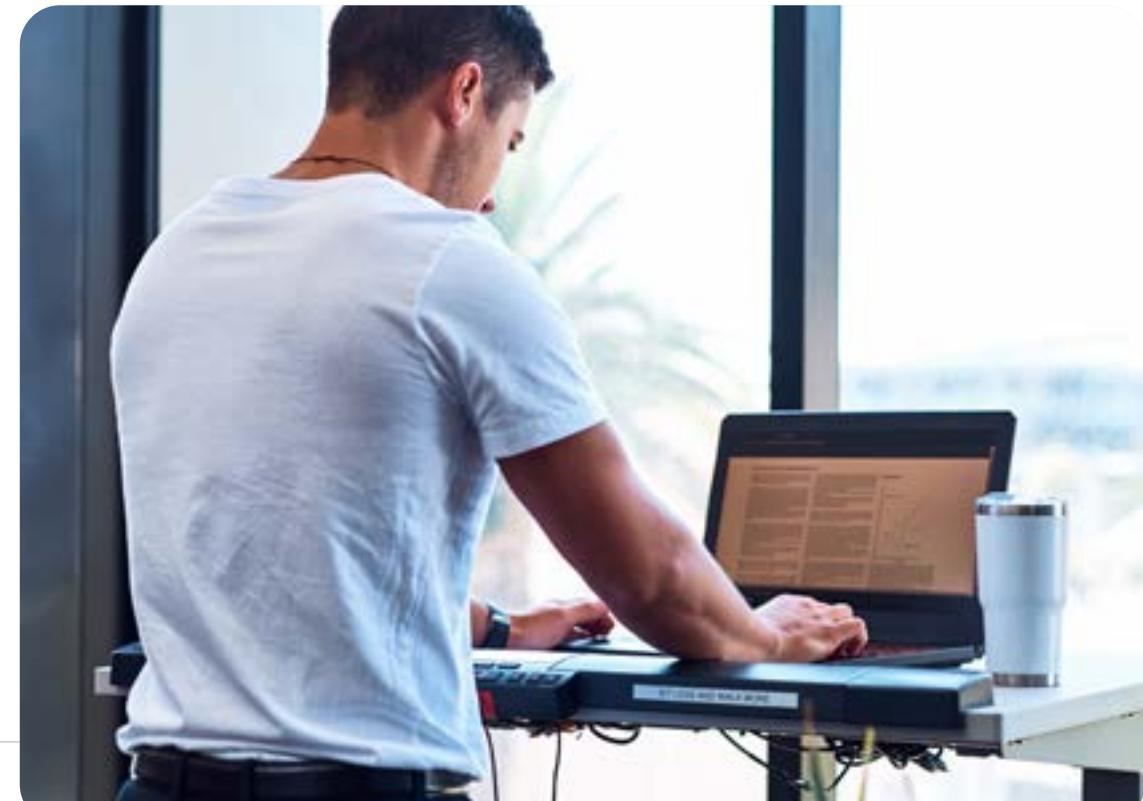
6 Stand and move your body

Moving your body instead of sitting for hours can significantly improve your physical health. Incorporating walking time throughout your workday allows you to boost your step count and add healthy physical activity. If you're working remotely, using a treadmill or a walking pad can increase your step count during meetings.

5 Practice wellness tourism

Wellness tourism refers to a specialized form of travel that prioritizes the wellbeing of individuals. Sometimes, a time to disconnect from everything is needed to return to work and to promote a sense of balance. A trip can be used to feed and strengthen your mental stability by focusing on activities like spa retreats, meditation retreats, yoga retreats, fitness & adventure vacations, and holistic healing practices.

7 Regular check-ins

Have a regular self-check-in to assess your mental and physical wellbeing. This will allow you to identify signs of burnout and make the necessary adjustments to maintain balance. Make changes that will improve your mental and physical health! This is a great opportunity to work with a health coach or licensed therapist if you'd benefit from additional support.

8 Take PTO

Whether for a family vacation or a mental health day, taking time away from work is necessary to prevent burnout and to recharge. You can use a day off to spend time with yourself or your loved ones to dedicate some time to be at home doing what makes you the happiest. Remember, use PTO as a proactive step to ensure you can return to work feeling more productive and engaged.

9 Incorporate healthy choices

Eating a balanced diet can boost your energy and physical health. Eating fruits, vegetables, and proteins can positively impact energy and mood. Avoid excessive caffeine, processed foods, and sugar intake since that can make you feel sluggish and cause unhealthy weight gain.

10 Appreciate social connections

Fostering relationships with family, friends, and colleagues can provide support in many ways. It can prevent feelings of isolation and improve mental health. You can get a group of friends and take a fitness class together or go for a walk to get some physical activity while also supporting your mental health with the company of others.

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