



Avoiding burnout when you can't take time off

Burnout can be caused by any number of factors: Long hours, conflicts with management, and overall job frustration are just some of the things that can leave any worker feeling like they're on the brink of mental, emotional, or physical collapse.

Recognize the signs of burnout:

01

Emotional Exhaustion

- a sense of being drained and unmotivated and tired, both physically and psychologically. It is like you moving through mud.

02

Depersonalization

- a substitution of characteristics for an actual person. You stop seeing the people you work with as people and instead start to see them as burdens, which builds up a mounting sense of resentment.

03

Losing the ability to focus

- taking more time and energy to accomplish less.

Burnout, in many ways, feels similar to depression. It tends to be more situational than depression's all-encompassing state of gray.



The easiest cure is also the most obvious: Take some time off.

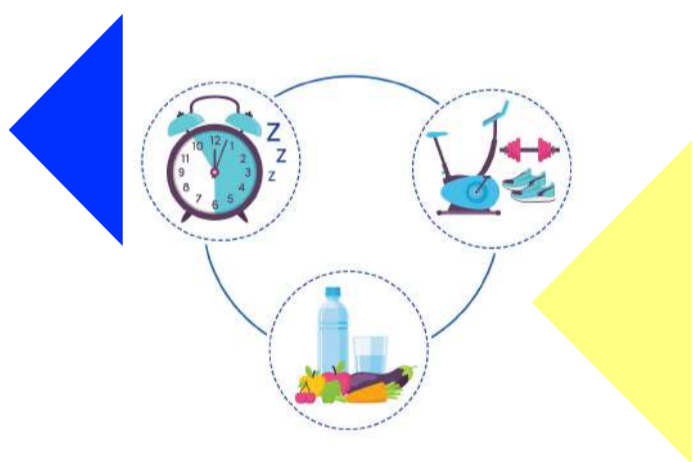
What if you can't?



01

Start with the physical

- sleep, exercise, and proper nutrition can do wonders for your mood and stress levels. Don't fall into short-term fixes like boozes, candies, and screen time.



02

Restructure your work habits

What is affecting your happiness. Look at your personality. Do you have a hard time delegating and getting help on things? Do you get obsessed because you tend to be perfectionistic? Do you tend to procrastinate, endlessly battling last-minute deadlines? Alter these habits accordingly, either on your own or with the help of a manager.

03

Diversify your life outside the office

Identify activities that replenish your energy and focus on those activities in your off-hours.



Know when you really need to getaway

- If you're at the point where you are sacrificing your health for work, that is a sign.
- That never gets better on its own.
- Take a #mentalhealth day, when your productivity starts to fall apart because you just showed up at work and can't plow through it.
- **You and your employer will both be better off if you can get back the energy you need to actually do your job.**

