



Managing Occupational Burnout

Talk to others

Reaching out for support is crucial. Talking to friends and family can help them to understand how you are feeling and what they can do to help you. It is also important to make your manager aware as they may be able to help you, including by referral to OHS if required.

Maintain Boundaries

Having healthy boundaries is about knowing what your limits are and maintaining these. This is important as it can reduce your chances of becoming stressed and burnt out. Clarify what is expected of you at work with your manager and colleagues, and let them know what you are comfortable with.

Self-care

It is important to switch off after work and maintain a work-life balance. Make time to practice self-care and do activities that you enjoy outside of work. When feeling burnt out, you may not be able to do as much as usual. Try to pace yourself and reward yourself for what you can do. You could try mindfulness to relax and feel more present.

Take Breaks

To maintain a work-life balance and reduce the chances of burnout, it is essential to have breaks from work. Ensure you use your annual leave and leave work behind when you are away. Try not to check work emails when you are off and be clear if you are uncontactable.

Stress Awareness

Check in with how you are feeling each day. You could try recording your stress levels in a diary to identify any triggers. Monitoring how you feel and taking prompt action to address your difficulties and minimise stress can reduce the likelihood of becoming burnt out.

Healthy habits

It is easy to fall into unhealthy habits to cope with stress. However, try to adopt healthy habits such as being physically active, eating regular balanced meals, maintaining a sleep routine, and reducing alcohol consumption as these can all increase psychological wellbeing.

