

Recharging to avoid burnout

April 2014 Newsletter



Stress levels are soaring these days. Ask most people and they'll tell you they feel it at work, at home and in their personal lives, too. They're constantly trying to juggle all the pressures.

Take stress seriously

If stress goes on too long, it can lead to burnout. That's when you feel like you've "hit a wall." When you're burned out, you feel numb and exhausted. You can lose your motivation and enthusiasm. Burnout can affect your work performance, your home life and even your health.

Steps to prevent burnout

Getting burned out? Time to recharge. And we're not referring to your AA batteries — but to your personal energy sources that keep you going. Here are some tips for recharging:

- **Disconnect.** Today's technologies allow us to feel "connected" all the time. Always plugged in to our smart phones, tablets, PCs and other devices, we rarely get a break from texts, e-mails, phone calls and information alerts.

But everyone needs some time off. So consider turning off all your devices for a part of each day. Or create a space in your home where no devices are allowed. For example, make your bedroom a "device-free" zone. When you go into that room, tune out for a much needed break. The texts, voicemails and news will all be waiting for you when you plug in again.

- **Expand your interests.** Feel like you do the same things day in and day out? Take on some new activities and challenges. Try a new hobby. Take a class or volunteer for a good cause. Changing up your everyday routine can help you see things in a new way.
- **Pay attention to your own basic needs.** You can't feel good if you don't take care of yourself. Healthy diet, sleep and exercise regimes help keep stress under control and also help improve your outlook and mood. Are you thinking you have no time to take care of yourself? Think again.

You need to make time for you. Create new routines that give you slots of time to work out, eat healthy meals and snacks and get 6 to 8 hours of sleep each night. There's no way to fool your body long-term: If you ignore your basic needs now, you could pay the price with unwelcome health issues.

These steps can help renew your spirit

It may sound hard to take new actions when you're feeling low on energy and interest. But you need to push yourself in order to fight burnout.

Get a start on rebuilding your energy, interest and motivation today. If you continue to feel stressed or depressed for more than a few weeks, seek professional help.