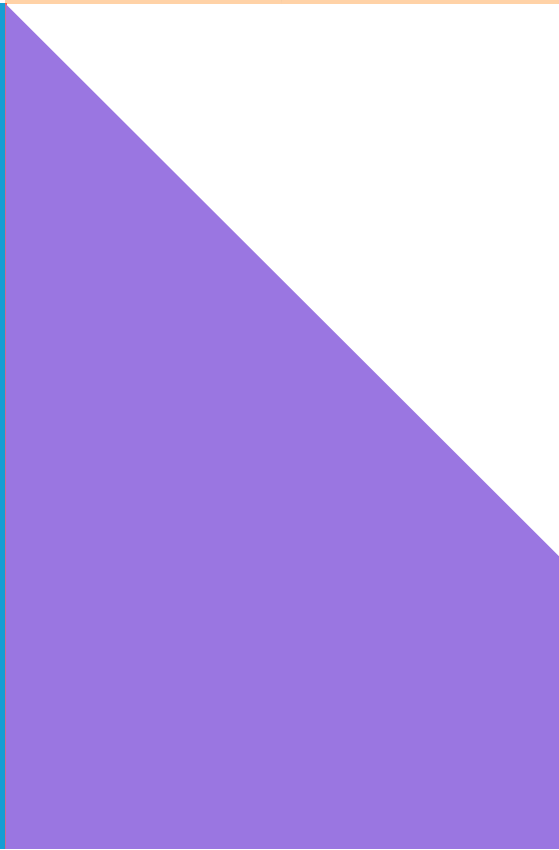
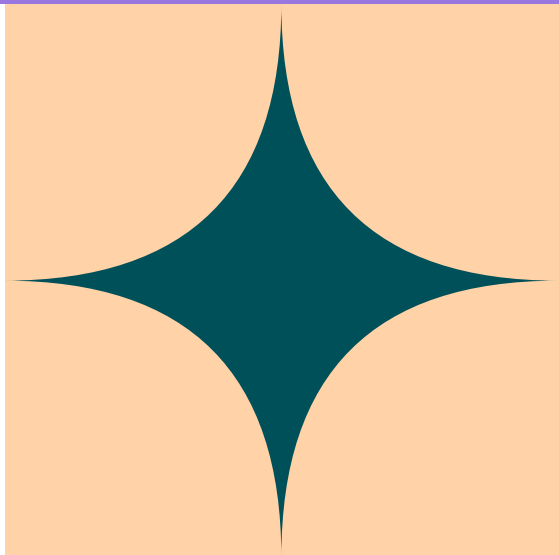


**BURNOUT
AND
HOW TO AVOID IT**



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“Burnout is the result of too much energy output and not enough energy self-invested. In other words, it’s burning too much fuel than you’ve put in your tank.”

— Melissa Steginus

What is Burnout?

Burnout is when you are physically, mentally and emotional exhausted.

It happens when you experience long-term stress in your job role or when you do an emotionally or physically draining job role for a long time with no break or self care.





Common Signs of Burnout

Feeling drained or tired
most/ all of the time

Feeling trapped, helpless
or/and defeated

Feeling alone in the world,
or detached from people/things

Having a negative,
glass half empty, outlook

Doubting your self

Taking longer to get things done/
procrastinating

Feeling overwhelmed

No matter how much you care or love your job you have to realise that your energy is not unlimited.

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting your needs and practicing self-care.

Feeling okay.

How can you make your day a tiny bit better?

Struggling.

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.



Feeling good!

How can you maintain the levels you're currently at?

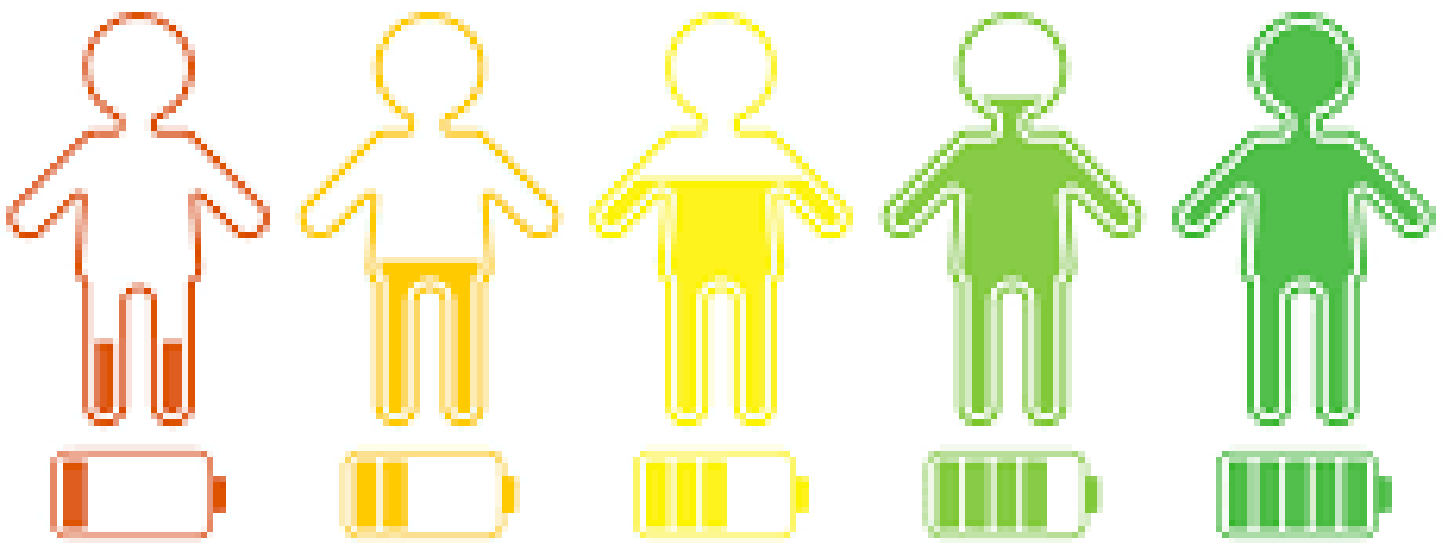
Meh.

How can you love on your -self today? Be extra kind to yourself.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

How to help
you keep your
battery
charged!



STRESS

TRIGGERS



Identifying your stress triggers can be the first step in looking after yourself.

A good way to identify your triggers is to make a list of the situation, concerns or challenges that activate your stress response. Perhaps its things recently or previously.

Take some time to do this now

some examples are..

- lack of control
- interruptions
- overwhelming to do list
- lack of organisation
- changing priorities
- information overload
- other peoples behaviours



My Stress Triggers

Manage your stress

Everyone manages stress differently.

Some ways are unhealthy and "quick fixes"
eg, smoking, eating, drinking alcohol.

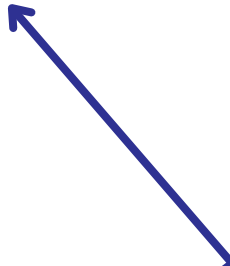
We want to focus on more healthy ways as
these will be more effective long term.

Life will still happen and things can still cause
you stress.

So what do you/can you do to manage your
stress?

Identify your own ways to manage stress

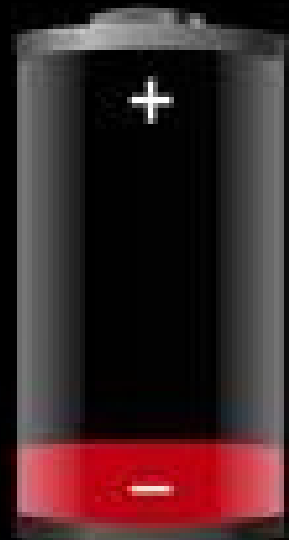
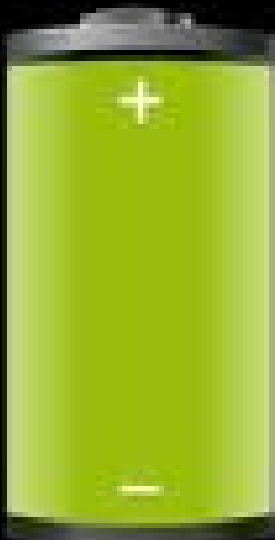
eg- exercise,
music, hobbies



**Manage
your
stress**

When you put together your daily to do list where do you feature?

Making a commitment to "me time" involving self-care helps charge your battery and establish healthy boundaries helping to avoid burn out.



What are your 3 self care daily non-negotiables?

Is it a bath?

It is a walk?

Is it reading?

Drinking 3 litres of water per day

Is it watching some tv?

The Gym?

Stepping away from work for lunch?

Name your daily Non-negotiables



*Fill them
in here*

GET SUPPORT

www.youthinterventions.org.uk

Working with young people and families in Renfrewshire

24/7 telephone/text support

TEXT SHOUT to 85258

Call SAMARITINS 116 123 Call

CHILDLINE 0800 1111

IN AN EMERGENCY CALL 999

OR

GO STRAIGHT TO A&E