

BURNOUT



www.community.amhie.com

Helpline: 02381 120010



WHAT IS BURNOUT?

Burnout is a state of physical and mental exhaustion brought about by long-term stress when you have worked in a physically or emotionally draining role for long time.

It can happen to anyone who is feeling long term stress or pressure. Burnout can significantly affect staff retention rates and staff sickness rates.

HOW THINGS START

Burnout symptoms can be mistaken with symptoms of stress as they are similar but there are some key differences to be aware of.

Feeling tired and drained all the time, with weakened immune system, along with changes in sleep and appetite are all early warning signs that you might be suffering burnout. Emotionally, you might feel helpless, worthless and lonely.



HOW IT DEVELOPS

There is behavioural indicators for people suffering with burnout including withdrawal from responsibilities, isolation, skipping work and reliance on drugs or alcohol to function in some cases.

You may feel detached from the work and isolated, like you can't achieve anything or even like you're failing.



MENTAL HEALTH MATTERS

SELF CARE

Burnout is a serious long-term illness brought about by prolonged periods of stress at work.

It's extremely difficult to manage these symptoms in isolation but first and foremost you need to be clear about your working expectations and how you feel.

Ensure that you can effectively manage your workload within the time you have available.



OVERCOMING BARRIERS

Burnout is something that happens as a result of work. It's up to you to seek help from outside sources and identify what is causing your symptoms.

Your workplace needs to help you to manage the causes of your burnout and put in measures to help you to overcome your stress. More effective schedules and management can help make a difference.





**Association of Mental
Health in Education**

Treatment for burnout

SELF HELP RESOURCES

- Talk to a friend, family member or a health professional - the Samaritans offer great support [call: 116 123](tel:116123) or email: jo@samaritans.org
- Peer support; MIND UK offer a great service: [How to find a support group](#)
- Breathing Exercises; [read the NHS guide here](#)
- Wellbeing Audio guides; [access free guides here](#)

FURTHER INFORMATION AND SUPPORT

- [Mind – managing stress and building resilience](#): get advice to help you
- [Every Mind Matters – get your free Mind Plan](#): personalised mental wellbeing tips and advice to your email inbox
- [Every Mind Matters – self-help cognitive behavioural therapy \(CBT\) techniques](#): learn how to manage stress and worry, and boost your mental wellbeing

NHS TREATMENT

See a GP if:

- you're struggling to cope with stress or suffering from burnout
- you're feeling overwhelmed by your symptoms
- you feel you cannot cope any more/hopeless

It's important to get treatment for Burnout, once you have reached this point it's unlikely to get any better without help and support and changes to your working life and expectations.

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