



Tandem  
Support Services



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## Danger! Burnout ahead!

# Wellness Newsletter

Feeling tired, discouraged, apathetic? Would you say you have to drag yourself out of bed in the morning and that the last thing you want to do is go to work? Hmm ... It could be that you're burned out. Now, maybe you're thinking that you have a ton of work waiting for you and that you'll read this later. If that's the case, you should take a few minutes to stop, think, and ask yourself a few questions.

### The perfectionist: a prime target

The strain of physical and mental exhaustion can get to everyone. You may be required to work more intensively, or longer hours, or under extreme pressure, such as in a highly competitive workplace, in a new position, or for an extremely demanding manager. Stress levels at work can be very high, the risk of losing your job a real worry, and work-life balance—well, forget that! And yet, some people are more likely to suffer from burnout than others. These individuals have a general propensity to anxiety, set unreasonably high professional standards and personal expectations, need to be above reproach at work, have perfectionist tendencies, are unable to delegate, and find it hard to manage time and stress.

### Recognizing the signs

How can you tell whether you're simply tired or heading towards burnout? To help you answer this question, here are some common burnout signs:

- You feel tired and drained, and it's a struggle to get out of bed in the morning.
- You're working more but producing less.
- You get the impression that your work is not being recognized.
- You feel disillusioned.
- You occasionally forget your appointments.
- You've become more irritable, impatient or anxious.

- You're often on the verge of tears or crying for no reason.
- You're not sleeping well.
- You have no appetite and/or you've lost weight.
- You see your family and close friends less frequently.

This should give you some food for thought if you're assessing your general health, but you cannot and should not self-diagnose your own burnout based on these signs alone. The symptoms of burnout can vary from person to person, so it's important to recognize the red flags before you burn out and get to the point of no return! Recovering from burnout can take a long time. You must seek help from your employer, your doctor and your Employee Assistance Program.

### Coping with burnout

To combat burnout, it is essential to get help. Otherwise, you risk repeating the same destructive pattern, even after a complete rest period. You also need to take the time to do some soul-searching, re-evaluate your career goals, and set healthy personal boundaries.

Start listening to yourself NOW, if you're feeling overwhelmed and can relate to any of the warning signs listed here. Tandem and team of professionals are here to help you. Invest whatever energy you have in improving your well-being; don't wait till you're at the end of your rope!