

BURNOUT

Navigate Psychology



NAVIGATE PSYCHOLOGY:

Location:

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WHAT IS BURNOUT?

By Rebecca Anderson (Psychologist)

Burnout occurs when there is an imbalance between the expectations a person puts on themselves, and what they as a human being can actually do without sacrificing their well-being. Often burnout starts with a slight imbalance, and over time can progress to feeling overwhelmed, exhausted, unexpectedly teary, becoming filled with self-doubt, withdrawing socially and having reduced overall satisfaction in life.

Often the first way people try to cope with being overwhelmed is dropping activities not seen as 'necessary' where 'necessary' means anything that puts yourself first. This might include cooking proper meals, exercising, seeing friends or going home at a reasonable hour. Often this is seen as a temporary measure, just until you feel on top of things... and before you realise it, you're burnout.

STRATEGIES TO REDUCE BURNOUT

View Self-Care as Necessity

If you want your success to be sustainable, you need to move from seeing self-care as a luxury to a necessity. You need to put your own oxygen mask on first if you are going to be able to help anyone else. This involves eating regularly, sleeping regularly, exercising, seeing friends and having time where you can switch off and do nothing productive.

Put Boundaries in Place

Restrict the amount you check emails out of hours or during the workday and how often you say 'yes' at work. This will involve testing out your fears that if you don't check your emails after work something catastrophic will happen that you'll be blamed for, or that if you say 'no' people will gain a negative impression of you.

Prioritise and Delegate

Each morning put on a timer for 5 minutes and create a list of tasks that must get done today. When you are doing each task, focus completely on that task (do not check emails; put on headphones so you don't get interrupted if you're in an open plan office; don't think about the rest of your to-do list). You may want to complete the whole task yourself, but you also need to start trusting other people and start to delegate some tasks (or at least part of tasks) to others.

Get Support

Speak to your manager about how you're finding the current workload. Open up to your partner, colleagues or family. Often we can feel shame and embarrassment for not being able to cope when it looks like everyone else can, but the moment we open up about our struggles, the more that shame lifts and we discover people want to help us, or are going through the same thing. If you would like further support, please also consider seeking the advice of a psychologist.



Navigate Psychology is a practice located in the heart of the Sydney CBD. We specialise in working with individuals aged 16 years and over.

Presentations:

Anxiety
Depression
Postnatal depression
Substance use + addiction
Sleep issues
Work stress/burnout
Relationship stress
Grief
Trauma
OCD

The earlier someone sees a psychologist, the more likely treatment will be effective.

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