

Burnout – Part 2

- an increasing risk in these unprecedented times.

As mentioned on Part 1 we are continuously taking some major risks – not just for e.g. our organisations but for ourselves. Every day we are making choices which influence our own health and wellbeing – some of which may bring us to the edge. Hence, there is a reason for why people are getting ill, depending on circumstances, but looking at e.g. the senior executive role one sees stress levels and pressure rapidly increasing as we are manoeuvring through this pandemic. Therefore, it is more important than ever to have a well-equipped “tool kit” in order to handle the pressure that comes with this new challenging climate, where one has to be able to adapt on a “penny”.

Here are five preventive measures to burnout which may help you to stay on top of things:

- Focus on health and wellbeing.
- Practice mindfulness and make time for yourself.
- Staying organised and keep to-do lists.
- Celebrate wins and make sure you reward yourself.
- Protect private time/life and ensure you get time to switch off.

(Paliwal , 2016)

This is supported by several CEOs who describe the following activities;

- Pace yourself while maintaining focus.
- Get organized and structure yourself.
- Do not postpone things. Get things done.
- Stay positive.
- Seek support.
- Remember the basics.
- Take brakes and breath.
- Have fun.

(Fleming, 2000).

Alongside these different measures I would also recommend that you focus on eating healthy and get the proper nutrition while engaging in regular physical activity. However, remember - it's not about making big changes. It is about the small changes that one will be able to stick to as a part of daily routine.

On a final note – pursue your passion.

Sources

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