

Burnout? Here's how to avoid and deal with it

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No matter how much you love your job, handling burnout is something that you might have to deal with in your career journey.



So what exactly is burnout? According to the website Help Guide, “Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.” This is hard to deal with in any jobs, because as you experience this, you still have to perform your job and meet deadlines. It also isn’t healthy if you’re feeling stress all the time because it might affect other aspects of your life.

According to Mind Tools, you may be experiencing burnout if you feel things like: “dreading going to work, experiencing low energy and little interest at work, or having feelings of emptiness, and other things”

Obviously, no one wants to experience burnout. But when it does come, how do you deal with it? Here are some ways, collected by Ikon Solutions, a full services overseas recruitment agency, on how to avoid and deal with the dreaded burnout.

Ask yourself if you work too hard. Are you given too much to accomplish? Do you have little time to do anything else? Exerting yourself too much all day and every day, can block you off things like creativity, focus, and resourcefulness. These are things that are essential in getting things done quickly and effectively. If you feel like you are overloaded, talk to your superior about it.

If what you’re doing is your passion or something you really like to do, then good for you! On the other hand, if your job is something that “pays the bills,” or something “for experience,” learn to make the most of it. Find something you enjoy in the job that you do. Hating what you do sends negative vibes that can affect your output, and it won’t help when you hate what you do every day.

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Make time for yourself, even if it’s just a small amount of time. Find something outside work to recharge your batteries. This will inspire you and give you the boost. We all need our source of inspiration whether it’s time with the family, time with your passion, or simply, just time with yourself.

Benefits of exercise include a good night’s sleep, increased energy, and productivity. An added bonus is looking good while feeling good when at work. You don’t have to be a

member at a gym or spend a lot for exercise. Your workout can be as simple as walking around your neighborhood or doing crunches at home.

Just the act of talking to someone else about your burnout can get a load off your chest. It will make you feel better and get your thoughts in order.

These are just some of the ways on how to avoid burnout. If you feel like you're experiencing burnout, don't fret. A lot of people go through it, and have come out stronger on the other side. So be strong!