

## - Burn Out (Psychology)

# HOW TO FIGHT WORKPLACE BURNOUT

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If you dread waking up to another work day, be it on-site or work from home, it may be a sign of workplace burnout. This means you may be physically or mentally exhausted due to the continued process of meeting deadlines, which reduces the feeling of accomplishment. Motivational speaker and life coach Ana Maria “Penny” S. Bongato, included in the Top 100 Influential Filipino Women to Follow on LinkedIn and Top 100 Filipinos to Follow on LinkedIn, shares the same predicaments as most people in the midst of the pandemic. As a breadwinner, she focused on working hard and hustling to provide for her family.



However, she eventually lost interest in work due to the mounting pressure – every day was a struggle. She then adapted a five-step routine to combat this phenomenon and how she overcame her own personal challenge.

Finding yourself feeling work is a drag? Uninspired with the office project you’re working on? Motivational speaker and life coach Ana Maria ‘Penny’ S. Bongato gives tips to overcome burn out in the office or even from your work-from-home setup.

Now a part-time faculty member of the School of Management and Information Technology (SMIT) of the De La Salle-College of Saint Benilde, she has held self-improvement workshops and talks in Europe and Asia.

Here are her five tips to prevent workplace burnout:

### 1. Take days off.

Book a vacation leave. Take time off. Dedicate a few days to rest and relaxation. It can also be simple: be away from your notifications and alarms. You can also do it in the comfort of your own home.

### 2. Reach out.

Ask for support. You can lean on managers, coaches or even loved ones. This is the responsible action to take. It shows that you want to do the job well while maintaining great mental health. New challenges may prove difficult, but you need feedback to improve. The earlier you seek for assistance, the better.

### 3. Self-care is important.

Create a “me time” with relaxation, meditation and prayer. Make time for physical activity every day. Eat delicious meals. Spend more time with family. Meet friends physical or virtually.

### 4. Resolve issues.

Do not hold grudges. Address workplace problems as soon as possible. Create a healthy environment to discuss conflicts. Focus on constructive feedback. Forgive. Your ears should also be ready to listen.

### 5. Workshops for the self.

Engage in new opportunities to grow. Connect with talks on self-improvement. This will make you see others’ struggles and victories. Surround yourself with healthy peers. Have a growth plan no matter your age.

If you are nearly burnt out or are already burnt out, take action as soon as possible to prevent further damage to your mental well-being. However, if these simple steps do not alleviate the problem, it is always best to consult a professional.