

Overcoming Stress and Burnout



Objectives

Define the difference between stress and burnout

Understand the cause of stress and burnout

Learn lifestyle changes and coping strategies to manage stress and prevent burnout

Stress versus burnout defined

Stress

A condition or feeling experienced when a person perceives that demands exceed their personal and social resources.

Burnout

A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

Burnout is a reaction to prolonged or chronic job stress and is characterized by three main dimensions: exhaustion, cynicism (less identification with the job), and feelings of reduced professional ability.

Stress versus burnout signs and symptoms

Stress

Characterized by over-engagement

Emotions are overreactive

Produces urgency and hyperactivity

Loss of energy

Leads to anxiety disorders

Primary damage is physical

Burnout

Characterized by disengagement

Emotions are blunted

Produces helplessness and hopelessness

Loss of motivation, ideals, and hope

Leads to detachment and depression

Primary damage is emotional

Causes of chronic stress and burnout

Work

Lifestyle

Personality traits



Work Strategies

Work value

Connect with coworkers

Recharge, take time away

Say “no” to say “yes”

Technology break

Be creative

Behavioral Strategies

Improve your Emotional Intelligence

Manage your energy

Set boundaries



Physical strategies

Exercise

Nutrition

Sleep/Relaxation

Meditation, Yoga



Meditation activity



[Click here for Mindfulness Muse, Leaves on a Stream exercise](#)

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