



5 Tips for Avoiding Job Burnout

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Many people suffer from job burnout in today's challenging economic conditions. But burnout oftentimes can be alleviated. Nevertheless, before you can help yourself, you need to figure out where the source(s) is coming from.

Many tools exist that may help you pinpoint your sources of stress. Our suggestions included talking to people close to you to find out what you have been complaining about the most, keeping a journal or utilizing an online tool such as a schedule of recent experiences.

Once you have identified the major sources of stress in your life, you will be able to see what is caused by your job and what is not. Then you can take actions towards avoiding job burnout.

The 5 Tips for Avoiding Job Burnout Are:

1. **Avoid Excessive Workload** - With recent cutbacks, many people are expected to do more work in the same amount of time, or even less time. You can help alleviate this stress by delegating when possible, prioritizing workload, cutting back on low-yield work if possible and using other time management methods.
2. **Don't be Overly Accommodating** - If you are the type of person who accepts responsibility for everything bestowed upon them, you are not doing yourself or the person asking you any favors. Stretching yourself beyond your limits leads to low-quality work output and high stress. Learn to just say no when your plate is full and focus on what you need to get done before you take on any additional projects.
3. **Avoid People Who Drain Your Energy** - People and politics can quickly drain your energy. Try to avoid being caught up in gossiping with co-workers and avoid those who are nothing but negative. This will help you preserve your energy for when you do have to confront someone.
4. **Do Not Overwork Yourself** - Trying to get too much done and not leaving time for yourself can leave you feeling exhausted, a major contributing factor leading to burnout. At home, take time for yourself to recharge your battery. Also, make sure you are getting plenty of sleep and eating well. A well-fueled body runs more efficiently and can handle daily stress better.

5. **Job Disillusionment** - Many people become disillusioned in their jobs at some point. Focusing on the meaning and satisfaction that you derive from your job will help you overcome this. Also, you can write a gratitude list for the things you are grateful for that pertain to your job and refer to it when you are having negative feelings.

Summary: Dealing with feelings of burnout is not an easy process. Avoiding total burnout increases your chances of being able to get on with your life without making any drastic changes. More often than not, an attitude adjustment or a small lifestyle change can make a huge difference in job satisfaction as well as satisfaction with life.

"Carpe diem (seize the day)."

- a phrase from a Latin poem by Horace

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