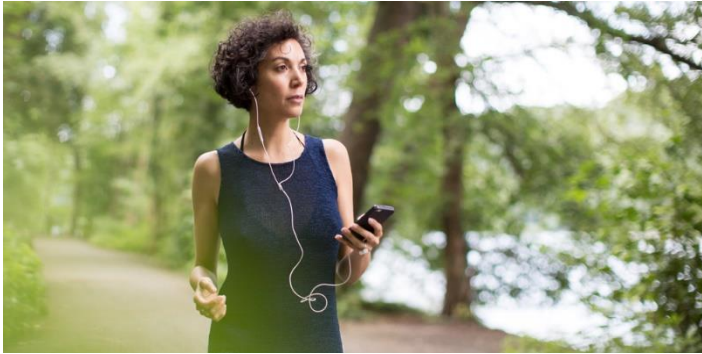


## Simple Strategies for Preventing Burnout



**Burnout** is defined as:

"A state of physical, emotional, and mental exhaustion caused by long-term involvement in emotionally demanding situations."

-Ayala Pines and Elliot Aronson,  
authors of "Career Burnout: Causes and Cures"  
and clinical psychologists

### Stress

- Based on "too much," feeling overwhelmed
- Strong, short-lived reactions
- Feeling things are temporarily out of control
- Can be situational
- Decreases or disappears as situations change

### Burnout

- Based on "not enough," feeling empty
- Takes place over a longer time period
- Going "through the motions" instead of being engaged
- Ongoing/chronic
- Every day is a bad day

Simple Strategies to Prevent Burnout:

### Recognize the Warning Signs

Take the time to sit down and check in on mood, feelings, energy levels and behavior patterns. Notice if any changes in sleep, eating habits, and concentration have occurred. If feeling excessively fatigued, physically and emotionally drained, and losing interest in work

and activities that used to bring joy, these signs may indicate chronic stress and burnout is taking a toll.

### Prioritize Sleep and Self-Care

Making self-care a priority includes getting good quality sleep, eating a well-balanced and nutritious diet, finding simple ways to stay active and move throughout the day as well as connecting with friends, family, and community. Establish healthy transition habits and boundaries to leave work at work and feel more present and engaged during personal time.

### Identify a Daily Practice for Recharging

Create time and space for quiet, rest, rejuvenation and mindfulness each day. A few minutes of breathing meditation exercises in the morning, a midday yoga break, or afternoon walk while listening to music are examples of simple daily practices for recharging.

### Talk to a Professional

Speaking with a licensed mental health professional can help provide clarity and tools to address and manage chronic stress and burnout. ACI's EAP provides confidential access to mental health clinicians, and the service is free to use and open to all family members. Video chat sessions are available for convenient access to service.

Reach out to ACI's EAP to speak with a licensed mental health professional about any stress, anxiety or personal challenges that are affecting emotional health and well-being: 855.775.4357, [rsli@acieap.com](mailto:rsli@acieap.com), or through the [myACI Benefits mobile app](#).