Build resilience to reduce burnout



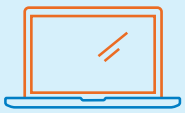
Do you ever find yourself feeling exhausted, having trouble concentrating, or feeling irritable or emotionally detached from your work?

If so, there's a chance you're experiencing burnout. Burnout happens when you feel significant levels of work-related stress. While this is a common experience, the good news is that learning effective resilience-building strategies can help you navigate stress more easily and reduce the risk of burnout.

Here are five simple strategies to help you build personal resilience

1. **Maintain and strengthen social connections**
   Both at work and outside work – it increases your sense of wellbeing.
2. **Nurture optimism**
   Look for positives in daily experiences and know that current stressors are temporary. Move through a stressful situation with a "can-do" attitude.
3. **Practice self-care**
   Take time to nurture yourself, away from work and its stressors. Focus on healthy lifestyle habits such as quality sleep, balanced nutrition, regular physical activity, adequate hydration, and mindfulness or meditation.
4. **Work to develop a purpose-driven life**
   Try to identify what is meaningful to you and what you'd like to see more of in your own life – for example, giving more to others, having a stronger connection to your family members, spending more time in nature, or nurturing spiritual health.
5. **Embrace positive psychology**
   Identify reasons for gratitude by tuning into your surroundings. Notice simple details like the warmth of the sunshine, the sounds around you, or the scents in the air. Savoring the moment through mindfulness is a powerful way to find joy in everyday experiences.

When we all make building personal resilience a top priority, everybody benefits



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