

AVOIDING BURNOUT: ACHIEVING BALANCE IN EVERYDAY LIFE

Burnout is a common problem in modern society that can cause emotional, physical and mental exhaustion, and can lead to absenteeism and other related health issues. However, it is preventable, and achieving balance in everyday life is crucial in preventing burnout. Here are some concrete tips to help achieve balance and avoid burnout.



Occupation

Taking longer breaks, shorter work shifts, and separating work from free time can help alleviate stress that often leads to burnout. Prioritizing tasks, focusing on essential tasks, and avoiding overworking can help maintain a healthy balance between work and personal life.



Health

Maintaining a healthy lifestyle is essential in preventing burnout. A nutritious diet, regular exercise, and quality sleep are key elements to maintain good health and well-being.



Relationships

Building and maintaining strong relationships can provide a support system and promote overall mental health. Practicing self-care and self-discovery can also improve mental health and prevent burnout.



Resources

Effective resource management is essential in preventing burnout. Sorting tasks by urgency and importance, and being mindful of the Pareto principle, can help manage time and resources effectively.



Individuality

Practicing hobbies, indulging in creative pursuits, and engaging in other activities that bring joy and happiness can help prevent burnout by providing a sense of purpose and meaning.



Spirituality

Accessing spirituality, religion, or mindfulness practices can help provide a sense of meaning and purpose, promoting overall well-being and reducing the risk of burnout.

Achieving balance in everyday life is essential in preventing burnout. By focusing on the six key areas of life - occupation, health, relationships, resources, individuality, and spirituality - individuals can improve their mental health, prevent burnout, and increase overall well-being. Prioritizing and addressing burnout as a preventable issue is crucial in improving both individual and organisational outcomes.



Co-funded by
the European Union



Remote
Health