

Being a carer can cause burnout



It takes practice to develop your identity in many spheres of your life in order to recover from burnout. It requires focusing on broad, comprehensive personal development along with raising your own standards and boundaries.

Since many of us now work from home and find it difficult to distinguish between our personal and professional lives, burnout symptoms can manifest both at work and at home.

Burnout is a condition that shares many characteristics with depression, including low mood, impatience and a general lack of interest in once-motivating activities.

Signs of burnout

- Mentally and physically tired.
- Feeling low and depressed.
- Irritable and easily angered.

Consider the following:

- If you frequently find yourself thinking about things over which you have little or no control, it's possible that you're making matters worse rather than better. Examine each stressor or concern individually to determine whether it's something you can actually handle. If not, make every effort to focus on something else.
- Describe in detail, and with honesty, the aspects of your life that are stressing you out. Is there anything you can improve by outsourcing or making small changes to? Sometimes, we allow the pursuit of perfection to impede the goal; for example, lowering a stressor from a high to a medium status is still a step in the right direction.
- Even though exercise is a proven way to reduce stress, many of us don't give it the credit it deserves. Everyday movement, even if it's just a quick walk or a 20-minute yoga practice, helps your body learn to control its stress response. The one "must do" takeaway is to move every day.

- You can immediately eliminate some of the irritability and self-hostility that can accompany burnout by adopting the role of a mindful observer of your burnout and showing yourself love and compassion for going through a particularly trying time. Be aware that, although what you're going through is unpleasant, it is only temporary and your current feelings won't last forever.
- Talk to loved ones and friends about the challenges you are facing. Having a support network can be beneficial, when you are struggling with burnout.

