



عنوان التثقيف

Burnout

الاحتراق النفسي

A Guide for Health care provider

بصمة
نفسية

Burnout

Burnout is a state of mental and physical exhaustion that can zap the joy out of your career, friendships, and family interactions. Continual exposure to stressful situations, like caring for an ill family member, working long hours, or witnessing upsetting news related to politics and school safety can lead to this stress condition.

Burnout, however, isn't always easy to spot. With that in mind, we've put together a guide to help you identify the signs of burnout, as well as ways to prevent it. Interested in helping friends, family members, or co-workers who may be experiencing this stressful state? We've also included a list of our favorite burnout intervention tips and tricks.

What is burnout?

Coined by the psychologist, Herbert Freudenberger in the 1970s, burnout describes a severe stress condition that leads to severe physical, mental, and emotional exhaustion.

Much worse than ordinary fatigue, burnout makes it challenging for people to cope with stress and handle day-to-day responsibilities.

People experiencing burnout often feel like they have nothing left to give and may dread getting out of bed each morning. They may even adopt a pessimistic outlook toward life and feel hopeless.

Burnout doesn't go away on its own and, if left untreated, it can lead to serious physical and psychological illnesses like depression, heart disease, and diabetes.



signs of **BURNOUT**



exhaustion

isolation



escape fantasies



irritability



frequent illness



Worried that you may be experiencing burnout but unsure of the signs? We've compiled a list of symptoms that you can use as a guide.

- * **Exhaustion.** Feeling physically and emotionally depleted. Physical symptoms may include headaches, stomachaches, and appetite or sleeping changes.
- * **Isolation.** People with burnout tend to feel overwhelmed. As a result, they may stop socializing and confiding in friends, family members, and co-workers.
- * **Escape fantasies.** Dissatisfied with the never-ending demands of their jobs, people with burnout may fantasize about running away or going on a solo-vacation.
- * **Irritability.** Burnout can cause people to lose their cool with friends, co-workers, and family members more easily. Coping with normal stressors like preparing for a work meeting, driving kids to school, and tending to household tasks also may start to feel insurmountable, especially when things don't go as planned.
- * **Frequent illnesses.** Burnout, like other long-term stress, can lower your immune system, making you more susceptible to colds, the flu, and insomnia. Burnout can also lead to mental health concerns like depression and anxiety

The 12 Stages Of **BURNOUT**



how to prevent **BURNOUT**



exercise



eat a balanced diet



*practice good
sleep habits*

ask for help



Stress may be unavoidable, but burnout is preventable. Following these steps may help you thwart stress from getting the best of you:

Exercise

Not only is exercise good for our physical health, but it can also give us an emotional boost.

Stretched for time? You don't need to spend hours at the gym to reap these benefits. Mini-workouts and short walks are convenient ways to make exercise a daily habit.

Eat a balanced diet

Eating a healthy diet filled with omega-3 fatty acids can be a natural antidepressant. Adding foods rich in omega-3s like flaxseed oil, walnuts, and fish may help give your mood a boost.

Practice good sleep habits

Our bodies need time to rest and reset, which is why healthy sleep habits are essential for our well-being. According to the National Sleep Foundation, avoiding caffeine before bedtime, establishing a relaxing bedtime ritual, and banning smartphones from the bedroom can help promote sound sleep hygiene.

Ask for help

During stressful times, it's important to reach out for help. If asking for assistance feels difficult, consider developing a self-care "check-in" with close friends and family members so that you can take care of each other during trying times.

How to help friends or family members?

How can you help someone experiencing burnout? While you can't take away someone's stress, offering support can help lighten their emotional load.

- Listen

Before jumping into “fixing” mode, offer to listen to your friend or family member's difficulties.

Having someone to talk to can make a world of difference. Often people need someone to witness their stress and suffering, and listening can go a long way.

- Validate feelings and concerns

When friends and family members are feeling the effects of burnout, saying “It doesn't sound that bad” or “I'm sure things will get better” — while meant to offer reassurance — can feel invalidating if someone is really feeling low and hopeless.

Instead, offer validation by saying, “You've been working so hard, I can understand why you feel depleted.”

- Offer specific types of help

Individuals who are burnt out are often too tired to think of ways that others can help them. Instead of asking, “How can I help?” offer to drop off a meal, pick up dry cleaning, or do a load of laundry.

- Kind gestures

Sending flowers, a thoughtful text message, or a written card can remind friends and family members that they're not alone.

Because they're often working long hours, people with burnout can feel lonely and underappreciated.

If friends or family members need additional support, like childcare, a house cleaner, or a therapist, offer to research and crowdsource for specific resources to help ease the stress.

Takeaway

Being exposed to continual stress can cause us to burnout. Feelings of exhaustion, anxiety, and isolating from friends and family members can be some of the signs. However, eating a balanced diet, regular exercise, and getting a good night's sleep may prevent this stressed state.

Worried about friends and family members who may be burnt out? Listening to their concerns, validating their emotions, and offering specific types of support can help lighten the load.

Burnout can be avoided by making self-care part of your daily routine. Even if you're working long hours, studying for exams, or taking care of young children, remember to sprinkle some joy into each day.

Try going for a walk, talking to a friend, or watching an enjoyable program on television. Small self-care gestures like these can stop stress from turning into something more serious, like burnout.



هل تشعر بالاحترق ؟



خذ غفوة قصيرة



استحم



مارس الرياضة



انجز مهامك سريعاً



اتصل على صديقك



كل وجبات خفيفة



تصفح الانترنت



أفعل أمور تساعدك
أو إستمع إلى أصوات محبة لك



استمتع ببعض الهواء النقي

SELF-CARE

TO DO LIST

☐ WRITE DOWN
THE THOUGHTS
THAT HAUNT YOU



☐ READ WHEN
YOU CAN'T HAVE
A CONVERSATION



☐ BRING HOME
FLOWERS



☐ TALK



☐ THINK



☐ STILL BE KIND
NO MATTER WHAT



☐ TRY NOT
TO LIE



☐ TOUCH



☐ EVEN TO YOURSELF

دليل مختصر مقدم من لجنة أصدقاء المرضى

كتب بواسطة (Juli frag) جولي فرغا دكتورة في علم النفس مرخصة
كتبته في أحد مقالاتها النفسية -للاطلاع عن المعلومات عنها شاهد الأسفل -

تم ترجمة وتدقيقه من فريق التثقيف النفسي



Juli Fraga is a licensed psychologist based in San Francisco, California. She graduated with a PsyD from University of Northern Colorado and attended a postdoctoral fellowship at UC Berkeley. Passionate about women's health, she approaches all her sessions with warmth, honesty, and compassion.