

# All work and no play- Avoiding burnout

## What is burnout?

Burnout is a state of emotional, physical and mental exhaustion. It is caused by excessive and prolonged stress but is a bit different from stress.

## Preventing burnout

### Self-care

- Take time for yourself
- Talk about your feelings with a trusted person
- Ask for help
- Do things that recharge your batteries

### Nurture yourself

Take care of your body

- Sleep well
- Eat well
- Move

### Say no

You can do anything. But you can't do everything

- Say no
- Set boundaries
- Take time off
- Know your limits

### Spend time with loved ones

- Surround yourself with supportive people
- Avoid negative personalities
- Nurture your relationships
- Spend time with friends and family

## Remember to have fun

Review these ways to bring more play into your life as an adult. Keeping perspective and taking time for you is key in avoiding burnout.

## **Body and movement**

- Dance
- Play any sport
- Do yoga, Pilates, weight lifting (but remember, it's for fun, not just for gains)
- Walk, run, swim, take a bike ride (bonus points if you do it somewhere new or attend a class with a leaderboard)
- Build and run through an obstacle course
- Attend a concert, sing, or play an instrument
- Play video games
- Start up games nights with friends and play board games and card games
- Participate in contests- who can do the most pushups, hold a plank for the longest, or win at trivia night
- Grow a garden
- Learn a new skill like golf, woodworking, or graphic design
- Visit a theme park

## **Imaginative and pretend play**

- Make a vision board
- Have silly idea time- Throw aside all practical constraints and think up the wildest ideas you can for your business
- Daydream- yup, that "lost" productive time at work is good for your brain
- Read and write stories
- Watch TV, movies, and theater shows
- Travel or take a tour of a new place
- Do a board puzzle, crossword puzzles, or other word game
- Visit an escape room
- Visit a historical castle or mansion and imagine life in a different era

## **Object play**

- Make a scavenger hunt
- Try pottery, sculpture, painting, or drawing
- Knit or crochet
- Start a scrapbook
- Collect coins, cars, purses, or whatever you like
- Redecorate your home
- Take up cooking
- Make candles
- Use an adult coloring book

## **Storytelling and narrative**

- Write a play, novel, or even non-fiction
- Oral storytelling or listen to TED Talks of the month
- Write and illustrate a comic
- Take up photography or videography
- Write music and sing
- Start a blog
- Talk to your oldest family members about their childhood

## **Social play**

- Spend time with friends
- Join a social club
- Date and engage in physical relationships
- Play jokes and pranks

## **Stop and smell the roses**

Take the time to appreciate beauty in the world. Practice mindfulness and catch a snowflake on your tongue, notice the changing leaves and how they look, feel or smell this fall, or allow yourself to jump in a puddle during the next rain shower. Make time for those small moments in life to help you keep perspective.

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