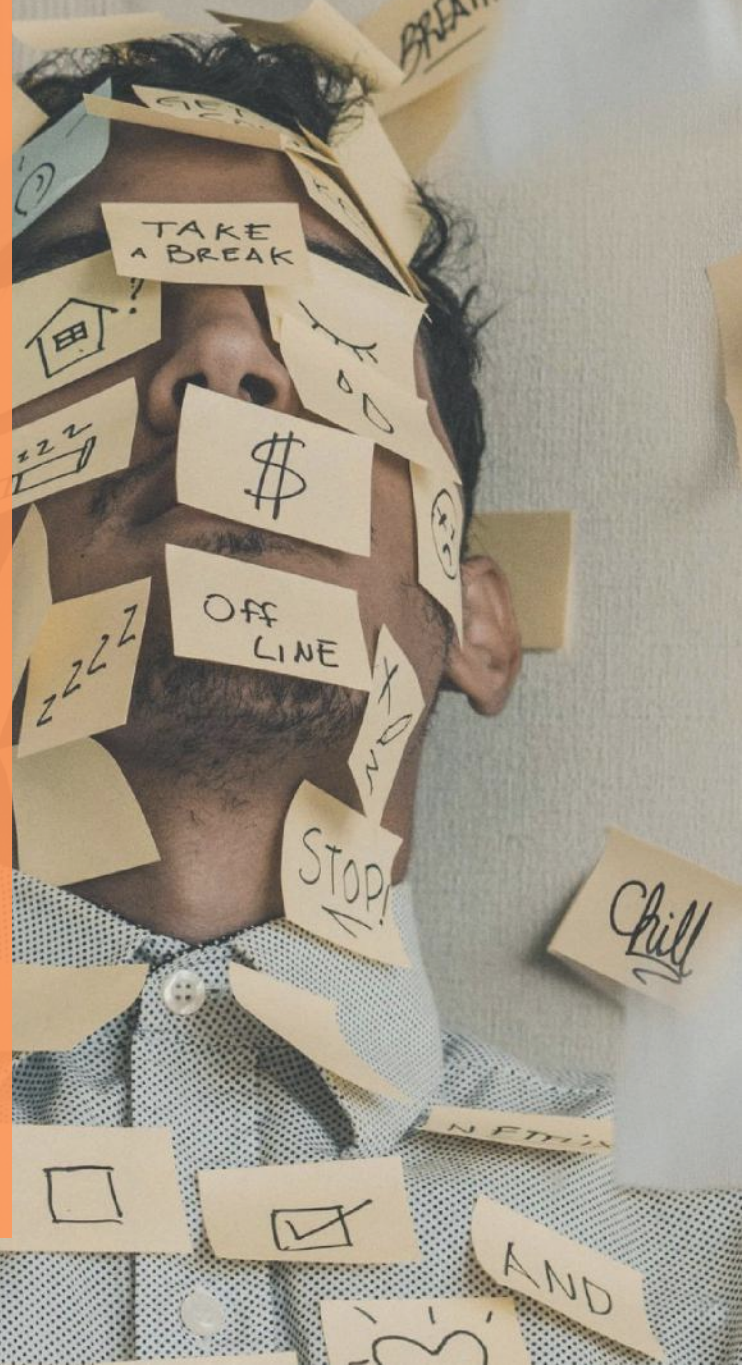
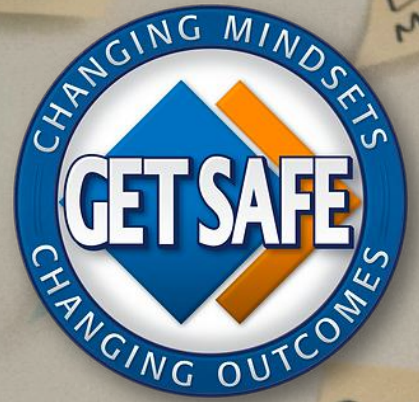


STRESS AND BURNOUT

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STRESS AND BURNOUT

Stress is something we all experience at one point or another. Stress itself is the body's response to something that causes physical, emotional, or psychological strain. The response can vary from person to person and get worse over time if the stress isn't managed.

On Your Body

- Muscle tension/pain
- Chest pain
- Fatigue
- Change in sex drive
- Upset stomach
- Sleep problems

On Your Mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

On Your Behavior

- Muscle tension/pain
- Chest pain
- Fatigue
- Change in sex drive
- Upset stomach
- Sleep problems

Burnout is a type of work related stress. It happens when chronic work stress becomes unmanageable and can affect your physical and/or mental health. Burnout is characterized by feeling exhausted, having an increased mental distance from your work, and feeling negative or cynical toward your job.

Possible Causes

- Lack of control at work
- Unclear job expectations
- Feeling isolated at work
- Dysfunctional workplace
- Lack of social support
- Extremely chaotic or monotonous work environment

What is the long term impact?

Prolonged stress, like burnout, can have long term impacts on your health, which is why taking steps to manage it early on are so important. These health impacts can turn into serious medical conditions that may stick around long after the stress itself is gone.

Possible long-term side effects of stress and burnout.

- Insomnia
- Alcohol or substance misuse
- Heart Disease
- High blood pressure
- Type 2 diabetes
- Weakened immune system that leaves the body vulnerable to illness



Managing Stress and Burnout

While we can't remove all causes of stress we can learn new ways to manage the stress to keep it from overwhelming us. There are many options to try so if one doesn't work that's okay! There are plenty more to try.



Physical activities such as walking, jogging, gardening, and sports can help reduce stress and its effects.

Relaxation techniques such as deep breathing, meditation, and yoga are easily accessible with guided apps and videos.



Making time for yourself is also an important part of stress management. That can mean carving out solo time where you work on hobbies, read a book, or just get to run errands by yourself.

That can also mean making sure to make time to get your social needs met so taking the time to have dinner with friends, or maybe get together for a movie night or go on a hike.

Stress and burnout are very real problems. By taking what steps you can now (whether that is taking a walk a few times a week or listening to a guided meditation podcast on your commute to work) you can help take a bit of control back when work stress feels like it's starting to take over.