



What is **burnout** and how can we prevent it?

Burnout is more than just feeling stressed at work. It is often characterized by feelings of emotional or physical exhaustion, loss of enthusiasm and loss of motivation or effectiveness at work.

<p>Some work-related causes</p> <ul style="list-style-type: none"> • Little or no control • Lack of recognition • Unclear expectations • Lack of challenge • Chaotic or high-pressure environment 	<p>Some lifestyle-related causes</p> <ul style="list-style-type: none"> • Working too much • Competing expectations • Too many responsibilities • Not enough sleep • Lack of close relationships 	<p>Some personality-related causes</p> <ul style="list-style-type: none"> • Perfectionism • Pessimistic views • Need to be in control • High-achieving • Type A personality 	<h1>BURNOUT</h1>
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About 58% of people in the U.S. say they think about their own mental well-being often.¹

1. [ipsos.com/en-us/news-polls/world-mental-health-day-monitor-2022](https://www.ipsos.com/en-us/news-polls/world-mental-health-day-monitor-2022)

Some strategies for preventing burnout:

Start the day with a relaxing ritual and mentally prepare for the day.

I can mentally prepare for the day by:

Take a daily break from technology.

I can take a break from technology when:

Set boundaries – it’s okay to say “no” sometimes.

A boundary I would like to set is:

Adopt healthy eating, exercise and sleep routines.

A healthy habit I can start today is:

Nourish your creative side by starting a new hobby or picking up an old one.

I can use my creativity to:

Learn how to manage stress in a healthy way.

I will practice managing my stress by:

Check out the HealthSelect website at [healthselectoftexas.com](https://www.healthselectoftexas.com) for articles and programs to help with stress and burnout.

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