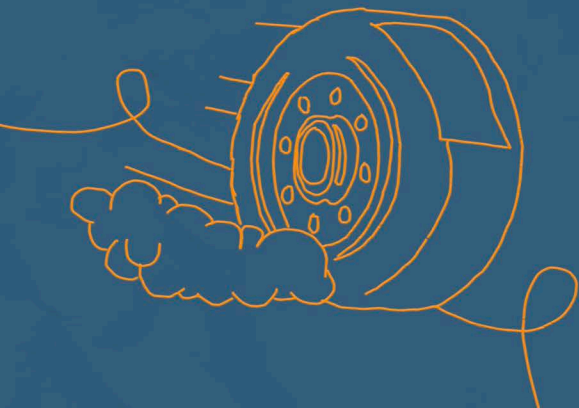


RESOURCES FOR: **BURNOUT**

a compiled list of resources
to support you through it

(thread)



@sanctus

WHAT IS BURNOUT?

Burnout can develop if a person has been under stress for a prolonged period of time.

At the most basic level, stress is our body's response to pressures from a situation or life event. When stress is experienced regularly and consistently, it may feel like a state of emotional, physical and mental exhaustion called burnout.

If you are experiencing burnout, you may feel incredibly tired, not able to bounce back and resource yourself.



A FEW SIGNS YOU MAY BE EXPERIENCING BURN OUT:

- feel overwhelmed
- have racing thoughts or difficulty concentrating
- be irritable
- feel constantly worried, anxious or scared
- feel a lack of self-confidence
- have trouble sleeping or feel tired all the time
- avoid things or people you are having problems with
- be eating more or less than usual
- drink or smoke more than usual



WHAT CAN YOU DO? HERE'S WHAT A SANCTUS COACH MAY HELP YOU REFLECT ON:

Understand what pressures, situations and life events cause your stress

The first thing for recovering is understanding what makes us feel stressed and resource ourself to feel more capable to look after ourselves and make decisions.

As an exploratory experiment, for one week try to notice what triggers your stress responses and make a note of it. By the end of the week, you will have a map of the situations that contribute to your stress which will be useful to create a plan for recovery.

Review your choices

Although it can be hard to accept, we may share part of the responsibility for our stress. Are we taking on too much? Are we struggling to say no? Are we prioritizing our mental health? Consider what you could do differently to help yourself relieve some stress.

WHAT CAN YOU DO? HERE'S WHAT A SANCTUS COACH MAY HELP YOU REFLECT ON:

What is stopping you? What feels hard?

When trying to make changes in our lives, it is very useful to ask ourselves what is in the way. You may know exactly what you need to do in order to recover from stress, also ask yourself what may be a barrier to this? For example, is your employer asking a lot of you? Are there deadlines you need to stick to? Simply being aware of this will help you navigate where you may need external support.

Self-care

Commit to yourself and take care of you. In order to prevent burnout, this may also look like establishing healthy boundaries and learning to say no. For example stick to a healthy work schedule and make time for yourself.

WHAT CAN YOU DO? HERE'S WHAT A SANCTUS COACH MAY HELP YOU REFLECT ON:

Be aware of your coping mechanisms

Some of the ways you may be coping may actually increase your level of stress and be harmful in the long run. Some of these ways may include drinking to relieve stress, use drugs, engage in avoidance behaviours... Become aware of your negative coping mechanisms and replace them with more healthy options.

Lifestyle is key

Healthy lifestyle choices will help you to relieve stress and resource yourself. Go back to basics: nourish yourself with a healthy wholesome diet, be active and enjoy movement, invest in your sleep and rest. Overall take time to look after yourself.



REACH OUT FOR SUPPORT:

This may feel like the simplest thing, but it can sometime feel so hard to ask for help! Always know that support is always available and here's where you can find it.

- Consider discussing this with your employer and design a plan to help you
- Reach out to your loved ones and share how you have been feeling
- Talk to your GP, they will be able to guide you to resources and support available to you through the NHS
- [<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/>]
- [<https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/>]
- [<https://www.stress.org.uk/>]
- [<https://www.nhs.uk/oneyou/every-mind-matters/stress/#signs-of>]
- [<https://web.nrw.nhs.uk/selfhelp/#stress>]
- <https://reading-well.org.uk/>



NHS-APPROVED APPS TO HELP REDUCE STRESS AND ANXIETY:

Calm

CALM
The Calm app offers guided meditations, breathing programmes and 'Sleep Stories' to help you de-stress and clear your mind.

BE MINDFUL (FREE)

A clinically proven online mindfulness course approved by the NHS, Be Mindful helps you to manage anxiety through mindfulness-based cognitive therapy (MBCT).



Be Mindful
Online Mindfulness Course

M

Meditainment

MEDITAINMENT
Meditainment uses established guided meditation and visualisation techniques, leading you on imaginative journeys to dreamlike destinations to explore and reflect on a range of wellbeing topics.

MYCOGNITION PRO

By using this NHS-approved programme for 15 minutes a day, you can optimise your cognitive health, mental wellbeing and resilience to stress.



HEADSPACE

Less stressed. More resilient. Happier. It all starts with just a few minutes a day.



headspace



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