

# Beating Burnout

Beating Burnout & Maintaining Success in the Modern World



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## Introduction



Have you ever experienced complete burnout?

No one would blame you if you had! We currently live in outrageous times, and even the hardiest of us are likely suffering from burnout on some scale.

No matter what the societal climate is like, most of us can count on dealing with burnout in our lives.

It can be terrifying when you feel like you are at the end of your proverbial rope. You lose hope. You can't get anything done. And sadly, simple joys no longer seem that simple or joyful.

As dire as that sounds, there is hope. How we respond to burnout is a crucial contributor to our results in life. If you can learn to spot, manage and bounce back from burnout, you will continue to reach goals and smash milestones.

In these pages, you will learn the basics of burnout. After that, we will immerse you in a deep dive about how you can avoid and bounce back from it.

If you are ready to deal with burnout once and for all, keep reading!

# The Burnout Basics



This section is all about the basics.

We will focus on two separate discussions: “What is Burnout?” and “Why Is It Bad?”.

The basics are vital information if you aren’t familiar with the concept. If you are familiar with the idea, you should still read this chapter. You can’t be sure what helpful tidbit you might pick up.

## What Is Burnout?

You may have an idea of what burnout is, but to reiterate, it is a state of emotional, physical or mental exhaustion (often all three). Excessive or prolonged stress is typically the major contributing factor.

It can impact any area of your life. It isn’t just about being tired. It is a severe issue that can require professional help if not dealt with appropriately.

While the above information may not be new to you, you might be surprised that there are three (or more) subtypes of burnout.

This [study includes a deep dive into the subtypes](#). Below you can find a quick recap of each sub-type.

**Overload Burnout** – What most of us think of as burnout. You are doing too much; you feel overwhelmed, you have reached your breaking point mentally or physically. Typically, people in this group tend to overlook their own needs for their work or the needs of others.

**Under-challenged Burnout** – You don't feel challenged. You are typically bored and don't see any growth opportunities. In layman's terms, "you are just over it."

**Neglect Burnout** – This is most often prevalent in work or business situations when people begin to feel helpless or lacking direction. Instead of proactively seeking solutions, they are more likely just to give up and neglect their tasks.

We have primarily based this book on "overload burnout," but most of the information included is also true of the other two subtypes.

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**Note:** This is a great time to mention that this book cannot take a trained professional's place. If you are suffering severe signs of burnout, please reach out to a medical professional.

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## How Does Burnout Hurt Us?

Burnout is a serious issue that will impact your life in a multitude of negative ways. While you may not suffer every issue below, you will likely deal with a number of them, all at once.

This list is by no means exhaustive, but it does include ten of the most prominent issues caused by burnout.

### **Burnout Stalls Progress**

Stalled progress is one of the most common problems with burnout. Burnout hinders any progress you are making. It doesn't matter what goals you are working on or in what area of life. Your progress will either slow or even come to a complete standstill.

### **You Get Less Done**

Even if you manage to keep plugging away, you will find yourself get less done in general. You will struggle to pay attention or stay on task. Your focus will waiver. You might work just as long as you did before, but you will get significantly less done.



### **Burnout Saps Your Energy**

You won't have your usual energy reserves. You will feel tired, and any energy expenditure will take significant effort on your part. This sapping can happen to both your mental and physical energy, but most likely, it will be both.

### **You Feel Bad About Yourself**

You will begin to have questions about yourself. Are you good enough? Why can't I ever finish anything? The longer you suffer from burnout, the more you will question your abilities. Burnout will chip away and erode any self-confidence you have been able to muster.

### **You Suffer Feelings of Hopelessness**

Hopelessness is a severe problem that burnout can cause. You might feel like there is no hope for you. You can't finish anything you start, so why bother? Burnout will have you questioning if you should even bother trying to reach your goals at all.

### **Burnout Can Seriously Effect Brain Function**

[Research from a team of psychological scientists](#) at the Karolinska Institute in Sweden has shown some disturbing evidence that burnout can alter neural circuits. The study shows that this could cause an inability to control or process your emotional reactions.

### **Your Relationships Suffer**

Whether it is a colleague at work, a close friend, or your romantic partner, burnout has a way to creep into and affect your personal life. Burnout might cause you to grow irritable and lash out at your loved ones. Alternatively, you might just feel too tired to engage in fun activities with these people.

### **Your Work/Career Suffer**

Imagine your career is going swimmingly, you feel a bit overwhelmed, but the bosses love you, and you have never made this much money in your life. Suddenly, burnout rears its ugly head, and you start slacking off, missing deadlines, and just can't focus on the day-to-day. Suddenly, that great job you were killing it at is now a daily struggle.

### **Your Personal Goals Suffer**

In essence, this is the same as the last point. Instead of your work suffering, though, your personal goals start suffering. Maybe you don't have the energy to cook healthy anymore. You can't get up and hit the gym first thing in the morning. You lose interest in your hobbies and pastimes.

### **Burnout Can Turn into Something Much Darker If Not Dealt With**

One of the most insidious ways burnout affects us is that it can develop into much more serious issues like depression. This is why it is so vital to catch burnout before it gets this



serious. Yeah, a rough low-energy day at work isn't necessarily something to worry too much about, but if that day turns into weeks that turn into months, you are playing with fire.

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**Note:** Once again, we have to mention that this book cannot take a trained professional's place. If you feel like your burnout is sustained, severe, or developing into clinical depression, you need to reach out to an experienced professional.

There is help out there!

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I know this was a lot to take in, and some of the problems burnout can cause us are downright scary. '

Take a nice deep breath and realize that not every one of those issues will affect you.

You can help avoid most (if not all) of these issues by learning how to spot burnout early, then taking the right steps to prevent it.

The following sections of this book will help you do just that.

## Signs of Burnout



Hopefully, we didn't freak you out too much in the last section. The problems related to burnout sound scary, but it is a serious issue and should be treated as such.

To help you keep on top of things, you will find 15 different symptoms of burnout below.

Keep in mind, having one or two of these symptoms might not indicate you are on the road to burnout. However, if you can relate to several of these points or are continually suffering from a few of the symptoms, it is worth at least checking in with yourself to see if burnout might be on the horizon.

### **Becoming Cynical or Critical About Your Task/Roles**

This is a tell-tale sign of burnout. If you feel cynical about your role at work and are critical of everything, then you could be on the edge of burnout.

All of us have bad days, of course. There are often genuine reasons to complain about your work or business. It becomes problematic when you are critical about everything that happens. It's when you scoff to yourself after every call or roll your eyes as soon as you hear an email alert.

If you find that you can't ever see a good side to your work or role, you need to step back and examine if you are burnt out.

### **Low Energy Levels – Always Tired**

Of course, we all get tired at times. The critical thing to look out for is how often it happens to you. If you are tired at the end of a long day, that makes sense. If you are tired all day, every day, that is worrisome. One of the leading symptoms of burnout is a lack of energy.

Another vital thing to look out for is a change in energy levels. Maybe you aren't tired all the time, but you can still tell you don't have as much energy as you did even just a month ago. That is a red flag.

Maybe your energy is only sapped when you engage in a particular task? That could still be burnout if that task is something you do regularly in business or work.

### **Irritability**

Do you ever get in those moods where everything someone does is instantly annoying to you? You don't even know why. If you think about it long enough, you realize it doesn't even bother you that much, but at the moment, you snap and say something mean.

This kind of irritability is a common sign of burnout. This is especially true if your irritability is focused at work or in your business.

Just like with low energy, monitor any changes in your irritability levels. If you notice a significant shift in irritability, it could be linked to burnout.

### **Trouble Getting Started**

Do you ever sit down, ready to tackle the world, but just can't get started?

Maybe you can't decide what to work on, or perhaps you use excuses (like tidying) to avoid beginning? This could be a sign of burnout as well. You are just so internally overwhelmed that you can't bring yourself to face your responsibilities again.

If you consistently struggle to get started, you need to examine if burnout is the culprit.



### **Insomnia**

I am sure all of us know what this is, but I genuinely hope you never have to experience it. Insomnia is the inability to sleep, and it can be tough to deal with

The most insidious part about insomnia is that it can creep into every area of your life. Think about the dangers of lack of sleep and how many of your goals could be affected by it.

Some people deal with bouts of insomnia regularly, but if you feel like yours came out of nowhere, you might be dealing with burnout.

### **Forgetfulness – Inability to Concentrate**

All of us forget where we put the keys once in a while, but consistent forgetfulness can be a sign of burnout.

You need to monitor this if you feel like your forgetfulness came out of nowhere. Many different issues can affect your memory, so it is worth taking seriously.

Often an inability to focus/concentrate comes along with forgetfulness. If you start suffering from these symptoms out of nowhere, you must figure out the cause. It very well could be burnout, but it could also be other serious conditions.

### **Physical Symptoms – Chest Pain, Palpitations, Fainting**

The same physical symptoms you would relate to anxiety or panic can show up when burnt out. Arianna Huffington (of the Huffington Post) collapsed due to burnout and exhaustion in a widely publicized incident.

These physical symptoms are often severe, so they need to be checked out. It could certainly be a sign of burnout, though, so mention any overwhelm you feel when you talk to your medical professional.

### **Get Sick Easier**

If you find you are getting sick more often than usual, you might be dealing with burnout.

Sometimes it is the other symptoms of burnout that contribute to this (lack of sleep, for example), but regardless, it is a common issue for people with burnout.

This is another symptom you should talk to your doctor about, but if you can't find another reason for your sickness, it might be burnout-related.

### **Anxiety/Tension/Worry**

All of these emotions are signs of burnout. Of course, these feelings could be linked to many issues in your life.

If you find that the feelings are more apparent when dealing with work or your career, it is a good sign they are burnout-related. For example, if you have high anxiety levels every day before work, that could be because you are overwhelmed.

These feelings of anxiety alone might not indicate burnout; it's *when* you feel them that might be more of a clue.

### **Loss of Enjoyment**

If you notice that you take less joy in your favorite activities, you might be recognizing a sign of burnout.

This is an especially powerful sign if the things you are taking less joy in are part of your career, business, or general goals. If you notice a job you used to love has become a total chore, then maybe you aren't feeling fulfilled (under-challenged burnout), or you are overwhelmed (overwhelm burnout).



Once again, carefully appraise what type of activities you take less joy doing. This could help you figure out if burnout is the cause.

### **Isolation**

Do you find that you tend to isolate more than before? This is another typical sign of burnout. Like most symptoms, it is relative. For example, if you were always an introvert, your isolation may just be the way you recharge. However, if you are a social butterfly, then suddenly choosing isolation could be a warning flag.

Another indicator your isolation might be related to burnout is if you continually isolate yourself when you are at work or working on your business.

### **Pessimism**

Sadly, for many of us, pessimism is our default function. If you tend to look at the bright side more often, though, a turn towards pessimism could indicate burnout.

Often when we start feeling negative about everything, there is a root cause. If your negativity is primarily directed towards your career or business, then burnout is a likely (although not a certain) cause.

### **Feel Useless**

Do you ever feel useless and that you can't get anything right? This is a classic symptom of burnout.

When you are overwhelmed, you subconsciously don't want to take on any more work. Your mind works against you by convincing you that you can't do it. Why would you even start if you don't believe you can accomplish anything?

If you feel useless about tasks you used to handle no problem, consider it a burnout symptom.

### **Mind Wanders**

Do you find yourself daydreaming more than you are working? If this is happening to you a lot (especially in a work/business setting), you could be on the verge of burnout.

Letting your mind wander is often a coping technique you use to avoid doing something else. This is why it is such a prominent burnout symptom.

When you feel overwhelmed and can't muster the energy to do any work, your mind will typically wander. It feels better to daydream than it does to worry about our work. If this sounds like you, you may be suffering from burnout.

### **Self-Medicating**

Self-medicating is another common sign of burnout. When someone is feeling overwhelmed, they use legal (or illegal) substances to mask that feeling. They don't want to deal with the thought of burnout, so they turn to self-medication.

This symptom can lead you down a much darker path, so you must figure out what is causing you to self-medicate more frequently. You should carefully consider burnout as a potential cause.

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If you suffer a few of these symptoms, don't panic. There are a host of other reasons that you could be feeling this way. It might only be a temporary blip.

However, if you find that you are suffering from several or many of these symptoms, then you need to figure out if you are dealing with burnout or something else.

If the symptoms are intrinsically linked to your work or career, that is a good sign you are dealing with burnout. Keep reading to find some tips that can help you avoid or bounce back from burnout.



## A Burnout-Free Life



Can you imagine a burnout-free life?

Think about it; you wake up every morning refreshed. You slept well, and you look forward to the day ahead.

You engage in your morning routine before heading downstairs to greet your family warmly. You take your first sip of coffee and feel so much joy at that moment. There is no rush to get out the door. You have everything in control.

You finally get down to work, and you find yourself in the flow. You don't have problems getting things done. It is easy to focus, and your energy levels feel great.

The everyday workplace chatter and annoying issues don't seem to bother you. The chat makes you smile, and the annoying issues seem to slip right off your back.

You get out of work on time and take joy in getting home and settling in for a night of relaxation. You are seeing progress in all areas of your life and are excited to set and reach new goals.

When it is time for bed, your head hits the pillow, and you drift off into a restful sleep without much bother.

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Ok, that might not be the most realistic example of a typical day for you. Even without burnout, you will likely have to deal with many issues in your daily life.

Think about everything in the above scenario that sounds good, though. Those daily joys can all suffer from burnout. This is why it is so essential that you learn to "beat burnout." *Speaking of which...*

# Beating Burnout



By now, you should have a good idea of what burnout is, how it impacts our lives, and signs that you could be suffering from it.

Now it's time for the really important stuff. How the heck do we deal with burnout?

This section is going to focus on two major areas. Firstly, you will learn steps you can take to avoid burnout. The easiest way to deal with burnout is

not to let it happen in the first place.

Of course, that is easier said than done. Sometimes no matter what precautions you take, you can end up burning out. That is where the second area of this chapter comes into play. In that section, we will look at ways you can bounce back from burnout.

Let's get started!

## Avoiding Burnout



If you live an incredibly stressful life, avoiding burnout is not going to be easy. You must take as many steps as you can to manage your energy. While some of the changes below might seem painful at the moment, it's much easier than trying to bounce back once you are already burnt out.

Below you will find fifteen techniques that

you can use to avoid burnout:

### **Know Your Breaking Point**

Everyone needs to know their breaking point. You can't keep plugging away with no idea when you are going to hit the wall.

Knowing your breaking point lets you plan accordingly. If you feel like you are reaching your breaking point, you can manage your time and energy. For example, maybe you don't take that extra project this week.

### **Learn Your Signs**

You already have a head start on this one! This book already shared fifteen symptoms of burnout, so that's a perfect place to start.

Go through that list and check off any of the symptoms you might have. Try to memorize as much of the list as you can. This way, you can keep these symptoms in mind. If you feel any of them coming on, you can take stock of your energy levels and how overwhelmed you might be feeling.

### **Figure Out the Root Issue**

If you notice you feel several common burnout symptoms consistently, then you need to take the time to figure out what the root cause is.

You should take it one step further than just figuring out if it is burnout or not. If you think it's burnout, figure out what is causing it. This is highly personal, so it's hard for us to tell you how to do this. One of the best ways to do this is to think about areas you might be struggling in or activities where your symptoms seem to flare up.

### **Actively Manage Your Symptoms**

Even if you have figured out the root cause and are taking steps to address it, don't just ignore your symptoms. You can't put your head in the sand and hope your symptoms go away. Take the steps needed to take care of yourself. If your symptom is a newfound pessimism, start a journal about the positive things that happen to you each day.

### **Find Your Passion**

You might be rolling your eyes about this. I get it; advice like this can sound trite. Not everyone gets lucky enough to find a career or business that makes them feel the passion.

That said, it can't hurt to try and find flashes of passion in your life. A salesperson might not love their job, but they might find a small part of it that they love.

You also don't have to monetize your passion. Having a hobby, you are passionate about could be worth more than any salary. Maybe you are passionate about raising your family. Try to find a way to spend more time with them and less time working towards burnout.

### **Set Better Boundaries**

If you constantly find yourself beset by all kinds of requests that aren't your concern, then you might need to set better boundaries.

"No" is a full sentence. Keep that in mind. If people are asking for your time, but it's not your problem, say no. If you feel too busy to take on something new, let the person know.

Another way to set better boundaries is to guard your most productive time. Let the people around you know that you are in the zone, and you shouldn't be disturbed unless it's an emergency.

### **Exercise**

Exercise might seem like a weird choice since it certainly takes some of that precious energy you are supposed to be managing. Regular exercise also helps you build and sustain more energy, though. You will be less likely to burnout if you are in good shape.

Exercise is also a great way to blow off steam. Maybe your burnout is completely mental. Maybe your physical endurance and energy aren't playing a factor. Even in that case, exercise can help you blow off some steam and act as a mental release valve.

### **Eat Right**

This step is linked to the last one. Part of good health is eating right. Some might say it is even more important than exercise. People often say, "you can't out-exercise a bad diet." If you are committing to an exercise regime, you might as well eat better too.

Food is also one of the most important ways we create energy. Eating healthy foods that contribute to your energy levels is a natural way to stave off overwhelm and exhaustion.

### **Get Enough Sleep**

One of the worst parts of burnout is the constant feeling of fatigue and exhaustion. It only makes sense that getting enough sleep is an important step to avoiding it.

Getting enough sleep is important for many reasons, so it's a good habit to build regardless. Some common ways to have a more restful sleep:



- Put the devices away early.
- Create a bedtime routine.
- Go to bed at the same time each night.
- Figure out how much sleep works for you (It can vary anywhere from 6 to 9 hours).
- Make sure the atmosphere is right (temperature, light levels, sound).

### **Stay Social**

Isolation is a key symptom of burnout, so it makes sense to strive to be as social as possible. It would help if you kept your socializing within reason. Going out drinking until late every night is more likely to cause burnout rather than avoid it.

If you feel like work is the root cause behind your burnout, then maybe try being more social with colleagues. You might want to accept that lunch invited the next time you get it.

### **Ask for Help**

If you are feeling on the verge of burnout, please consider asking for help. You might be scared to ask for help because it looks weak, but there is nothing more powerful than owning the fact you are overwhelmed.

If you feel like you can't keep up at work, let your manager know. If you run your own business, outsource or delegate more tasks.

Asking for help also includes reaching out to your doctor or another trained professional like a therapist. These people can offer you solutions and coping tactics you haven't even heard about yet. We can't stress enough how important it is to talk to an actual professional if you feel your burnout is getting out of control.

### **Make Downtime a Ritual**

Taking time off, or spending more time taking care of yourself, shouldn't be a sporadic thing. It would help if you made downtime a part of your routine.

What is the best way to do that? Schedule it. Treat it like you would an important meeting or crucial deadline. Schedule downtime every week, and don't change it unless there is an emergency.

### **Take More Breaks**

This might be controversial, but I think most people need to take more breaks in general.

Taking a break isn't being lazy. It's smart. It lets you refresh both your body and mind. You will find your ability to focus on tasks is better when you take regular breaks. Taking more breaks may help you be more efficient in the long run.



It's also good for your health. It helps combat stress, and you can use break time to get up out of your chair and get the blood flowing.

If burnout is a state of exhaustion, it makes sense to manage your energy levels by taking more breaks.

### **Change Your Environment**

Changing your environment can be as simple as moving your home office into a brighter room with a view. It can also be as monumental as picking up and moving to a brand-new city.

No matter how big the change is, the idea is to switch up your routine somehow. These types of changes in your environment can invigorate you.

Again, we don't expect you to move cities or change jobs, but you might have to consider those options if worse comes to worst. If you want to start somewhere smaller, why don't you try rearranging your office furniture?



### **Take a Vacation**

Well, this is the dream, isn't it?

This isn't an option for everyone, but a vacation can be just what the doctor ordered if you can swing it. You don't even have to go far. Consider a staycation if that is more in your budget.

Some people find the simple act of planning a vacation helpful. You don't even have to book the trip! Figuring out where you'd love to go and what you'd do there can give you something to look forward to during your busiest weeks.

## Bouncing Back from Burnout



Even if you take the right precautions, you might still end up suffering burnout.

It's scary. You feel exhausted and overwhelmed by even the easiest of tasks. You might not have any motivation or take any joy from the things you once loved. Getting a good night's sleep is almost as impossible as getting out of bed in the morning.

You can bounce back. It might not feel like it, but you can recover and get your life back on track. We think you can even bounce back better than before.

In this section, you will find ten steps you should take if you are ready to recover from burnout, and start living the life you deserve.

### **Acknowledge the Reality**

*Tell Yourself:* Burnout is serious. You can't ignore it or just hope it goes away. The first step to dealing with burnout is accepting that you are suffering from it and that you have to do something about it. This isn't something you deal with when you have time. You acknowledge and address it now.

*Tell someone Else:* You need to reach out to a trained professional. If you are at the point where you are suffering multiple symptoms of burnout and believe you have it – you need to talk to someone.

If you can't afford a medical or therapist visit, reach out to a loved one at the very least. This is just a stopgap measure until you figure out a way to access professional help, though.

### **Acknowledge Your Role**

Once you have acknowledged the reality of the situation, it is time to acknowledge your role. Burnout doesn't just happen to us. There are things we do and choices we make that contribute to it.

Now isn't the time to beat yourself up, though. It's time for you to acknowledge any potential unhealthy habits that could have led to your burnout out, so you can work on them while you recover.

### **Disengage**

Not everyone can just stop working at the drop of a hat. Burnout is serious business, though. If you can't find a way to disengage from the activities that caused it, you will have a hard time recovering from it.

If you absolutely cannot avoid the cause of your burnout, then take steps to mitigate it. Talk to your coworkers or manager. If you run your own business, give someone else more responsibility for a while. However, you accomplish it, try to disengage from burnout related activities as much as you can.

### **Relax on the Regular (Embrace Relaxation Techniques)**

You need to carve out some time to relax. Don't feel guilty or lazy about taking action to reduce the stress in your life. Embrace whatever relaxation techniques work best for you.

**Some examples include:**



- Deep Breathing
- Keep a Journal
- Meditate
- Massage
- Yoga
- Music and Art Therapy
- Spoiling Yourself

Remember to relax regularly and not feel guilty about it. This is all a part of a healthy recovery from burnout.

### **Self-Care Is Mandatory**

Any energy that you can muster should be used to focus on your basic needs. Don't use this setback as an excuse to eat poorly, stop moving or start self-medicating.

**Try as best as you can to ensure meeting the following basic needs:**

- Hygiene
- Nutritional
- Activity
- Sleep

### **Are You Ready to Move On?**

Figuring out when you can start moving forward again is something that only you (or your chosen professional) can truly decide on. You must listen to your body here. Deep down, you will probably have a good idea if you are ready to start getting back on track or not.

**Some other indicators might:**

- Your burnout symptoms seem less severe.
- You feel more energized.
- You are restless for your day-to-day routine.
- You are happier.
- You are more engaged in your social relationships.
- You don't have a sinking feeling when you think about moving forward.

When you feel ready to move on, you should check-in with your chosen professional. They will help you decide if it is time to move on, as well as how best to integrate into your old routine.

### **Set Clear Expectations**

*For Yourself:* You need to set some expectations for what your recovery will be like. You can't just start doing the same thing you did before and hope it goes better. Figure out how much you can do and how fast. Basically, what do you expect to accomplish for the next few weeks?

For Others: Support is going to be critical to your recovery. You need to let loved ones and colleagues know what they can expect from you, and you need to let them know what you expect from them.

### Here are some examples:

- Letting your boss know that you could use some more downtime
- Spend less time around energy vampires.
- Setting boundaries with your colleagues (avoiding interruptions, saying no to work that isn't your responsibility)
- Asking a friend if you can regularly vent to them.
- Getting your loved one to remind you if you are doing too much.
- Asking your family to pick up a bit of the slack around the house.

Don't be afraid to ask for any help or support that you might need. A strong team behind you is the best way to battle burnout. It's much easier to move forward when the people in your life have your back.

### Take Back Control (prioritize, plan, delegate)

It is now time for you to take back control of your life. While this can be a scary time, you will be surprised how much better you feel when you begin to develop a recovery plan.

When you are ready to take back control, you should consider some (or all) of the following steps:

- Figure out what's next



- Set some goals you'd like to accomplish in the short-term (i.e., getting back to a full work week)
- Prioritize the importance of these goals.
- Break your goals down into smaller steps
- Set deadlines for it all *but treat yourself with kindness!* You don't have to try to accomplish your comeback in one day. Give yourself more time than you think you need at the start.
- Delegate! Not delegating enough is likely part of the reason you are in this mess in the first place. Look through your list of goals and figure out what you can outsource or delegate.

These are just a few examples, of course. Honor your personal preference and do whatever else makes you feel like you are back in control. When you have been missing that feeling of control, it can motivate you to wield it once again.

### **One Step at a Time**

Now it is time to put one foot in front of the other. You have support, goals, and plans. You need to start working on them.

Remember, though, this is the start of a marathon, not a sprint. You have to be very careful to avoid any tendencies that may have contributed to your burnout.

Tackle one step at a time until you feel ready to take on more. Don't worry about perfection. Focus on "good enough" for the time being. The more you accomplish, the more motivated you will become.

### **Check in On Yourself**

Be very careful as you recover from burnout. Spend some time each night checking in with yourself. A journaling habit is a great technique for this, and it leaves a paper trail so you can

look back and reminisce on it. You might be able to spot patterns that hurt your progress or patterns that helped boost your efforts.

Regardless of how you do it, make sure you check-in with yourself as often as possible.

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You aren't going to beat burnout overnight, and it's not likely going to be easy. Don't let that stop you, though. If you commit to taking the right steps, you can climb back from burnout and live an even better life than before.

You owe it to yourself to at least try.



## Conclusion



In conclusion – burnout is the worst, right?

Seriously though, it is a very serious issue and can stop your progress in a heartbeat.

The good news is, you are now better prepared than ever to tackle it head-on. Think about everything you have just learned:

1. What burnout it
2. The three different types of burnout
3. How burnout can hurt you

4. How to spot burnout
5. How to avoid burnout
6. How to recover from burnout

Some would say you are now a burnout expert! \* Don't just forget everything you have learned. Put what you can into practice!

Try to spot burnout before it happens, but take the proper steps to address it if you can't.

**You can win the battle, and you now have the knowledge to do it.**

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\* **You are, in fact, not an expert!** You might be sick of hearing this, but once again, we need to remind you that burnout is serious, and you should discuss it with a medical professional.

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