



Burnout and how MyCoach can help you

Burnout is a state of emotional, mental or physical exhaustion brought on by prolonged or repeated stress. If the stress feels never-ending and comes with feelings of emptiness, lack of interest, and hopelessness, it may indicate burnout. Changes caused by the COVID-19 pandemic have created high levels of uncertainty and stress globally. A recent report¹ revealed that almost half felt 'burnt out'.

How burnout may be affecting you

- Excessive fatigue, even when you are getting enough sleep.
- Feeling overstretched or overwhelmed by the volume of work.
- Feeling unmotivated, negative, apathetic or cynical about work.
- Needing a huge effort to complete tasks.
- Feeling or being less effective at work or taking much longer to complete tasks.

What you may work on together with a MyCoach clinician

- Receiving psychoeducation about identifying and managing burnout.
- Defining the right lifestyle changes to help you get back on track.
- Recognising unhelpful thought patterns and learning how to recognise stressful situations.
- Mastering practical skills such as relaxation, mindfulness and breathing techniques.
- Acquiring skills to define appropriate boundaries and priorities in the work environment: this could include time management, assertive communication and/or goal setting.

Positive outcomes from addressing burnout through MyCoach counselling

- Notice improvements in your mood.
- Define observable changes in how you set priorities in life and your energy levels.
- Embed a range of personalised workplace and personal routines that set you up for sustained engagement and productivity in your workplace.
- Become more attuned to your own body and its signals of stress.
- Enhance impaired social or family relationships, and feel more willing to engage in social activities.

Please call us to book your first appointment with a MyCoach clinician. Support is available face-to-face or by telephone or video call.

¹ Deloitte, Women@Work 2022: A Global Outlook