

# Managing Stress Before It Turns into Burnout

Life can be stressful and the road to burnout can be swift; we juggle many priorities, like our jobs, caring for our family, finances, chores, and the list goes on. It's important to take care of ourselves to combat chronic stress and *prevent* burnout. The key is to recognize the early *warning* signs and take proactive steps to address them. Read on to learn more about warning signs and steps you can take to improve your wellbeing and mitigate the effects of stress and burnout.

**Recognizing early warning signs of stress and burnout is key.** Are you irritated by people or situations that didn't previously bother you? Are you experiencing persistent fatigue, loss of motivation, or physical symptoms like headaches or stomach issues? These are some early warning signs that you need to pay attention to. Taking proactive steps now will help prevent more serious long-term health issues in the future.

**If you're feeling overwhelmed by your never-ending to-do list and wish there were more hours in the day, prioritizing tasks can be helpful.**

Review your to-do list and re-order items by level of importance. If you feel stretched from too many commitments, protect your time by saying no. Taking a step back from requests and activities that are non-essential or draining you, can provide some "me time" to refresh and refuel.



**If you are constantly aiming for perfection and feel like you are not good enough, it's important to ask yourself if your thoughts are helpful or adding to your stress.** Resetting your expectations to more attainable and realistic goals can relieve the pressure for perfection. Sometimes "good enough" is enough. Don't forget to celebrate the small wins.

**If you feel like you're "always on" make sure you're setting clear boundaries such as taking mini-breaks throughout the day.** Set a reminder on your phone to stretch, walk away from your desk, or practice a five-minute meditation. These oasis moments can help to prevent the accumulation of tension.