

Worker burnout often is a function of how you react to large amounts of stress. You may react to negative stress by feeling overwhelmed, irritable and worried. The key to preventing burnout is to find ways to neutralize the stress or turn it into positive stress (where you feel motivated and excited). Here are some ways to prevent burnout:

- > **Identify your stressors.** By recognizing the reasons behind your stress, you can learn to feel more in control and work to change the stress.
- > **Avoid setting lofty goals.** Set realistic expectations and attempt challenges that are doable.
- > **Take better care of yourself.** You can improve your attitude by improving your health and nutrition habits. Ways to do this include eating healthier lunches and snacks; drinking coffee and alcohol in moderation or replacing them with water; quitting smoking; and exercising even just a few minutes each day.
- > **Make the most of your time away from work.** It can be a challenge, but try not to think about work when you're not there. Spend a few minutes each day doing something just for you.
- > **Vary your routine.** We all can get in ruts, such as taking the same route to work, having lunch at the same time every day or attending the same meetings every week. If your job allows, change your daily routine so you take in new scenery, meet new people and pass your time differently.
- > **Learn to laugh more at life.** Try to find humor in negative outcomes. Relieve tension by laughing at your mistakes and faults and working to improve them.
- > **Consider counseling.** Talk therapy with a professional can release anxiety and prove to be an effective outlet for letting go of unhealthy stress.

Additional Information

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