

## How to bounce back when you feel burned out

**Y**our to-do list keeps getting longer. Your energy keeps getting lower. You tell yourself to keep going to complete one more task, go all out one more day. But instead of feeling better, you feel tired, foggy and not like yourself. You might even feel sad or hopeless. These feelings might be more than normal stress. It could be burnout.



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### Quick facts on burnout:

**1** Burnout happens when you've been using your energy, attention and emotions for so long that your body starts trying to protect itself. Signs of burnout include feeling very tired, body aches and trouble focusing.



**2** Burnout can happen to anyone. It can come from your job, your relationships or other parts of your life. It's not your fault you feel this way. The good news is that simple approaches can help you feel better.

**3** Take short breaks during the day. This can stop stress from building up. You might do some deep breathing, stretching exercises or

take a short walk outside.

**4** Lighten your load. Leave time between tasks to take care of yourself. Be open to asking your friends and family for help when you feel like things are too much.

**5** Remember that you need time just for yourself. Don't feel that you need to be "on" all the time. Never feel guilty about taking time to slow down or step away. Everyone needs time to recover.

