

# Understanding Burnout

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In the Helping Profession

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# Objectives

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- Defining Burnout in the workplace
- Identifying Burnout in the workplace
- Coping with Burnout in the workplace
- Techniques used to help Burnout in the workplace

## Definition

According to the Webster Dictionary, Burnout is defined as:

**1.** the cessation of operation usually of a jet or rocket engine  
*also* : the point at which burnout occurs

**2a:** exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration

**b:** a person suffering from burnout

**3:** a person showing the effects of drug abuse





# Factors of Burnout in the Workplace

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- Every day is a bad day.
- Caring about your work or home life.
  - seems like a total waste of energy.
- You're exhausted all the time.
- Much of your day is spent on tasks you
  - find either mind-numbingly dull or
  - overwhelming.
- You feel like nothing you do makes a
  - difference or is appreciated.

# 8 Signs of Burnout

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- 1. Exhausting or feeling overwhelmed
- 2. Physical symptoms such as chronic headache or fatigue
- 3. Anger or irritability
- 4. Distancing themselves from their work
- 5. Nervousness or feeling uncertain
- 6. Low motivation
- 7. Sadness
- 8. Difficulty Concentrating



# The Impact of Burnout

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- Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless and hopeless. Eventually, you may feel like you have nothing more to give.
- The negative effects of burnout spill over into every area of life—including your home, work, and social life.

## You might be experiencing BURNOUT

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# Coping with Burnout

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Demonstrate empathy

Lead by example

Promote casual wellness check-ins and ask employees with team members to do the same

Remind employees of available mental health resources

## In the workplace

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Try to find some value in your work

Find balance in your life

Make friends at work

Take time off



**“...effective communication requires more than an exchange of information. When done right, communication fosters understanding, strengthens relationships, improves teamwork, and builds trust.”**

in Piqueres, OCT  
The 'Edu' Professional Society: The Magazine of the Ontario College of Teachers  
March 2014





# Question 1

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Stress and anxiety are the same things.

- a. True
- b. False

Stress is a physical response to something you feel threatened by. Anxiety is an emotion that's triggered by stress -- you feel apprehensive, nervous, or scared.





## Question 2

You have some control over how stress affects you.

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- a. True
- b. False

Your mindset is a huge factor in how your body deals with it. If you see it as a  
A positive and necessary thing, it's less likely to take a physical or emotional toll on  
you.





# Tips to prevent BURNOUT





## Tips to avoid Burnout

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Set boundaries

Take a daily break from technology

Nourish your creative side

Set aside relaxation time

Get plenty of sleep

EAP





## Positive Work/Life

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You're not alone, now **ALL** you have to do is ask for help,

- Phone –A-Friend
- Seek Professional Help
- Remove the negative stressors





# Contact Information

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Get Immediate Help-MentalHealth.gov  
911

Call or text 988 or chat at 988lifeline.org

