

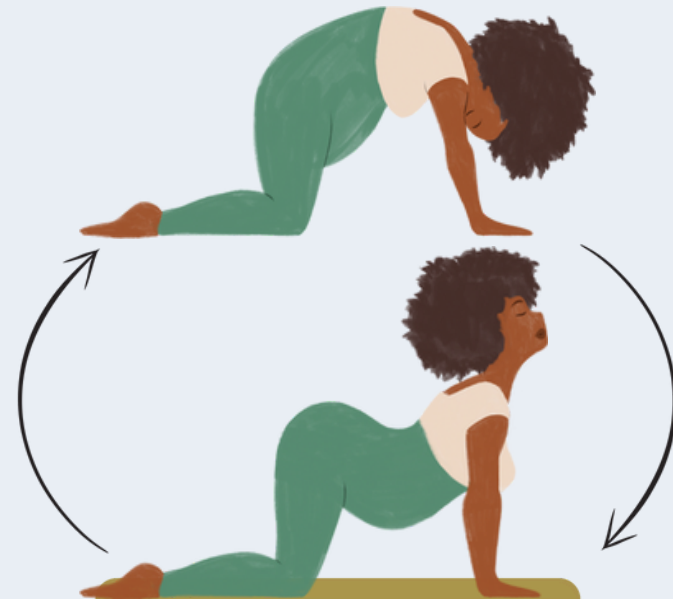
Managing Workplace Burnout

Burnout affects an alarming amount of employees today, impacting on their well-being and effectiveness at work.



DID YOU KNOW?

Nearly 40% of employees say they are suffering or exposed to high levels of stress, and more than one in three declare themselves to be in a burn-out situation. This syndrome manifests itself as physical exhaustion, emotional distance from colleagues and mental disengagement. The consequences include reduced productivity, loss of motivation, conflict and more serious health problems if nothing is done. Recognising the early signs - persistent fatigue, cynicism, loss of effectiveness - is essential if you are to act quickly and prevent things from getting worse.



DAILY YOGA POSE

Cat-Cow Pose (Marjaryasana- Bitilasana)

This gentle, flowing movement between arching and rounding the back releases tension in the spine and neck, encourages mindful breathing, and helps combat burnout by bringing awareness to the present moment.

DAILY MOTIVATION : MUSIC TRACK

"Break My Soul" by Beyoncé

Let this empowering anthem inspire you to release stress, set healthy boundaries, and prioritize your well-being as you navigate the challenges of workplace burnout.



PRO TIPS FOR THE WORKPLACE

- Take micro-breaks every 90 minutes
- Say no to unnecessary commitments
- Prioritize sleep and hydration

Action: Block 10 minutes in your calendar for a relaxation activity.



DAILY RECIPE

Anti-Stress Herbal Tea

- 1 teaspoon dried chamomile flowers (or 1 chamomile tea bag)
- ½ teaspoon freshly grated ginger
- ¼ teaspoon ground turmeric
- 1 teaspoon honey
- 1 cup boiling water
- Lemon slice

Let steep for 5–7 minutes.

Sip slowly, breathe deeply, and enjoy a moment of calm.



INSPIRE & REFLECT

Inspiration of the day

“Self-care is not a luxury; it’s a necessity.” – Unknown

Mental Health Challenge

Unplug from emails and social media for 30 minutes today.

Reflection Question

What is one thing I can do today to recharge my energy?

Daily Affirmation

I honour my energy and set healthy boundaries.

Daily Resource:

Workplace Burnout - Canadian Psychological Association

Discover the Canadian Psychological Association’s “Psychology Works” fact sheet on workplace burnout—a practical resource explaining what burnout is, its warning signs, causes, and evidence-based strategies for prevention and recovery.

