

BURNOUT

Young Carers Service
Self Care Series

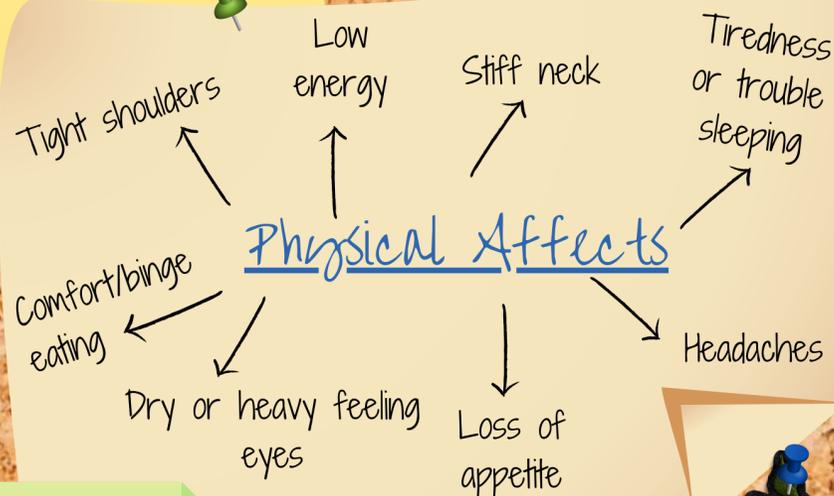
What is Burnout?

Burnout is the feeling of emotional, physical and mental exhaustion.

It's brought on by stress and frustrations that have been in your life for too long, or when there's been an increase in stress beyond what you're used to handling.



Take a break
Holiday?



Mental Affects

Feeling more anxious and worried

Feeling numb

Getting upset over things you wouldn't usually get upset over

Taking longer to complete tasks

Feeling restless

Feeling bored or unmotivated

Feeling distant from people you care about

Snapping at others more often

Easily annoyed

What's one small thing I can do today, to feel like I've achieved something?

SAY NO!

BE MY OWN PRIORITY

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BOUNCING BACK FROM BURNOUT

You Can't Just Push Through

Take a Break

It's important to stop and take time for you.

Go for a walk, have a long bath before bed, make a cuppa at work, take a mental health day, or go on holiday!

Pressing the reset button, no matter how long or short, means your stress levels reduce, therefore you feel recharged and more able to tackle life again.

Say No!

You are allowed to say no to extra stress. If you can't put out the fire then the least you can do is not add to it, right?

It's important to communicate with the people that need to know you're struggling (family, friends, managers, teachers) so they don't unknowingly share their stress with you while you're already burning out.

Prioritise Yourself

A lot of our time is spent worrying about things that don't need to be a priority when our mental health isn't as it should be. Think about all that's on your plate; work out what stressors belong to you and what needs to be there right now.

You deserve to be your number one priority because the longer you go on pleasing everyone except yourself, the longer your burnout will last and the harder it'll be to bounce back.

Play to Your Strengths & Ask For Help

Burnout sneaks up on us when we're completing tasks that we find hard or that don't come naturally to us. We then get more stressed because we feel like we're failing, so the task becomes even harder! It's a vicious cycle.

Asking for help or support is the key to climbing out of the burnout hole. After all, no one is good at everything but we can all learn and improve.