

Connect Care

Dealing with Burnout

BY DR. ROGER HABER

Are you questioning the value of your work? Do you have to drag yourself to work? Have you lost patience with co-workers, customers, or clients? Is it hard to focus on your job? It might be that you are experiencing job burnout.

In a recent article from the Mayo Clinic, I read that possible causes of job burnout include feeling a lack of control over how you do your job, a lack of clarity about what is expected of you, conflict with others, a lack of support, or problems with work-life balance.

There is a cost to burnout in the marketplace. You might feel drained, or unable to cope, not able to sleep, feeling sad, angry or irritable. It's easy to abuse alcohol or other substances when experiencing burnout. You could be of higher risk of heart disease, high blood pressure, or type 2 diabetes. If you are dealing with burnout, you might be more likely to be sick.

Sounds serious, doesn't it?

How might we deal with burnout in the workplace?



**“ALMOST
EVERYTHING WILL
WORK AGAIN IF
YOU UNPLUG IT
FOR A FEW
MINUTES,
INCLUDING YOU.”**

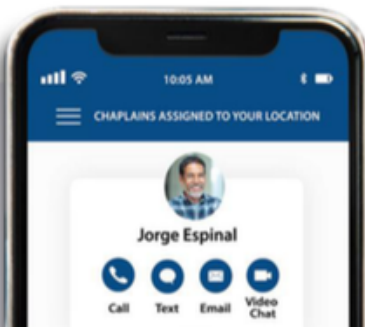


- **Look at your options.** Talk to your supervisor about your concerns. Maybe there are some changes you can work through together and set some realistic goals.
- **Seek support.** Ask co-workers, friends, or loved ones for support. Talking to others might help you deal with the stressors. Your chaplain is available to provide support and a listening ear to you as well—and keep your confidence.
- **Try a relaxing activity.** It could be as simple as taking time out for some deep breaths or listening to some calming music.

- **Get some exercise.** Regular physical activity can help cope with stress and burnout.
- **Get some sleep.** Sleep helps restore well-being and helps protect your health. Maybe think about turning the screens off and getting more hours of sleep.
- **Practice mindfulness.** Mindfulness is being aware of what's going on inside you and around you without judging or reacting. This might help you deal with what's happening at work.

If you're experiencing burnout, why not go to your MyChap app right now and contact your chaplain? You will find a listening ear and a caring heart.

Have you downloaded the MyChap App? Why not do that right now, and let your chaplain know how you'd like to connect? You can call, text, email, or video chat.



**24/7 access to your
Chaplain Team
via MyChap App**

