



PREVENTING BURNOUT



DEFINE IT

Being precise with what burnout looks like for you specifically is important. Burnout for each person looks different and recognizing individual signs is key for prevention



INSTALL A GAUGE

We all have a virtual dashboard for our mental, physical, and emotional health. Installing a burnout gauge and monitoring it is critical to effective prevention.



GET A PARTNER

As humans we are designed to benefit from external perspective and accountability. Ask someone to commit to check on you goes a long way to early detection.



SCHEDULE TIME

If you are serious about getting ahead of any effects that burnout can cause, then calendar periodic self-checkups and check-ins with your accountability partner.



TEAM APPROACH

Employers can create a culture of checking in and burnout profiles. Additionally, there are options for employee benefits programs that can offset the risks of burnout on the job.



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