



WHAT YOU NEED TO KNOW ABOUT

# BURNOUT

from Positive Psych Solutions

---

**TIPS AND TRICKS TO MANAGE BURNOUT**

**OUR DEFINITION OF BURNOUT:**

When you start to feel physically and emotionally jealous of your cat's lifestyle

## DO YOU FEEL...

- Fatigued
- Angry
- Frustrated
- Heavy
- Guilty
- Lazy

## ARE YOU...

- Neglecting your personal needs
- Denying your large workload and stressors
- Withdrawing from social situations
- Frequently find yourself sick or ill
- Find pleasure in escape fantasies
- Becoming more and more irritated at your clients and/or colleagues

## THEN YOU SHOULD...

# YOU

# WORK

Prioritise you,  
your health, and  
your wellbeing

Find ways to  
Relax, Wind Down,  
and become Mindful



Find Balance



Work vs Life

Improve your sleep  
duration, quality and  
routine



Seek **help** from:

- Boss/Manager
- Colleagues
- Family
- Friends
- Therapist
- GP



Engage more in your  
Hobbies!

For more information or to speak with a Psychologist, go to  
[www.positivepsychsolutions.com.au](http://www.positivepsychsolutions.com.au)