Overcoming Stress and Burnout
Objectives

Define the difference between stress and burnout

Understand the cause of stress and burnout

Learn lifestyle changes and coping strategies to manage stress and prevent burnout
Stress versus burnout defined

**Stress**
A condition or feeling experienced when a person perceives that demands exceed their personal and social resources.

**Burnout**
A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. Burnout is a reaction to prolonged or chronic job stress and is characterized by three main dimensions: exhaustion, cynicism (less identification with the job), and feelings of reduced professional ability.
<table>
<thead>
<tr>
<th>Stress</th>
<th>Burnout</th>
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<tbody>
<tr>
<td>Characterized by over-engagement</td>
<td>Characterized by disengagement</td>
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<tr>
<td>Emotions are overreactive</td>
<td>Emotions are blunted</td>
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<tr>
<td>Produces urgency and hyperactivity</td>
<td>Produces helplessness and hopelessness</td>
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<tr>
<td>Loss of energy</td>
<td>Loss of motivation, ideals, and hope</td>
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<tr>
<td>Leads to anxiety disorders</td>
<td>Leads to detachment and depression</td>
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<tr>
<td>Primary damage is physical</td>
<td>Primary damage is emotional</td>
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Causes of chronic stress and burnout

Work

Lifestyle

Personality traits
Work Strategies

Work value

Connect with coworkers

Recharge, take time away

Say “no” to say “yes”

Technology break

Be creative
Behavioral Strategies

Improve your Emotional Intelligence

Manage your energy

Set boundaries
Physical strategies

Exercise
Nutrition
Sleep/Relaxation
Meditation, Yoga
Meditation activity

Click here for Mindfulness Muse, Leaves on a Stream exercise
Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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