

## EMPLOYEE ASSISTANCE PROGRAM

# HOW TO BANISH BURNOUT



The global pandemic, with the social isolation, worries about illness, and economic disruption, has made work-life balance considerably more difficult. As result, many people are experiencing high levels of stress and burnout.

Burnout differs from stress because it happens over a longer period and feels as if it cannot be alleviated. If you think you are suffering from burnout, or want to avoid getting to that point, here are a few tips to get you headed in the right direction:

1. Learn and practice relaxation techniques.
2. Exercise on a regular basis.
3. Focus on getting enough sleep.
4. Eat healthy foods.
5. Make time to do something you enjoy.

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Visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) or call today to get help with topics such as:

Work-life balance	Living healthier
Health & well-being	Emotional wellness
Family & relationships	Stress & balance
Grief & loss	Workplace support

Your resource for help with daily challenges and difficult situations.