Preventing Burnout during COVID–19

Working during the COVID–19 pandemic can increase the risk of burnout. Recognizing the signs and taking steps to prevent burnout is important for your mental health.

Signs of burnout include:

- Feeling sad and hopeless
- Not taking care of yourself, such as not brushing your teeth or showering
- Feeling like a failure or that you are not doing your job well
- Having a harder time focusing than usual
- Feeling frustrated, irritable, and getting mad at others
- Not seeing or talking to other people as much as you used to
- Feeling tired or overwhelmed most of the time
- Coping by using too much coffee, alcohol, or other substances

Tips for sustaining your well–being and preventing burnout:

- Meet your basic needs by eating well, drinking water, and sleeping
- Take breaks. Literally shake your body out – this can help release tension
- Stay connected with people at work, family, and friends
- Support others by being a good listener and asking questions
- Communicate your needs to those around you
- Limit the amount of news you watch and read
- Remind yourself regularly what you are grateful for
- Be sure to ask for help as soon as you notice signs of burnout