

**STIGMA**

BURNOUT EDUCATION = WORKPLACE TRANSFORMATION

# Burnout Prevention Guide

*By STIGMA*



## Introduction

Burnout isn't simply "feeling tired." It's a state of ongoing workplace stress that leaves you emotionally, mentally, and physically drained. It affects motivation, focus, relationships, and overall well-being. The good news? Burnout can be prevented with awareness and proactive strategies.

## What is Burnout?

Burnout is a response to **chronic stress at work**. It develops gradually and is often missed until it becomes overwhelming.

## Key features:

- Exhaustion – feeling constantly depleted
- Detachment – losing connection and motivation
- Reduced performance – struggling to stay productive and engaged

## Early Warning Signs & Causes

- Persistent fatigue
- Irritability or frustration
- Trouble concentrating
- Negativity towards work
- Withdrawing from others
- Disturbed sleep

## Common Causes

- Excessive workload & long hours
- Lack of control or autonomy
- Poor workplace culture
- Always-on digital demands
- Values conflict



## Prevention Strategies & Reflection

- ✓ Set clear boundaries
- ✓ Prioritise rest
- ✓ Move your body
- ✓ Talk about stress
- ✓ Stay connected
- ✓ Re-evaluate priorities

## Quick Reflection Exercise

Ask yourself:

1. Which of the early signs feel familiar right now?
2. What one small change could you make this week to protect your energy?

## Final Note

Burnout is not a personal weakness, it's a signal that something needs to change. By noticing the warning signs early and taking small steps, you can protect your well-being and thrive at work and beyond.

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