



CAREER BOUND SUCCESS, INC.

Does work feel stressful and unproductive? If so, you may be experiencing burnout, which is defined as a state of emotional, mental, and physical exhaustion.

You can help prevent burnout by recognizing the warning signs and improving the way you manage stress.

How to Prevent Burnout at Work



1. Symptoms of Burnout

- Low energy
- Feeling empty
- Dreading work
- Feeling unrecognized
- Physical or emotional exhaustion
- Insomnia
- Anger
- Reduced productivity

2. Causes of Burnout

- Unclear goals
- Excessive workload:
 - Overwhelming amounts of work can lead to feelings of anxiety and panic.
- Uninteresting work:
 - Lack of passion for your career can negatively affect your work experience.
- Outside factors:
 - Personal issues can impact your work performance and your overall view of work.

3. How to Prevent Burnout

- Catch the warning signs early:
 - If you are aware of the warning signs of burnout, you can take preventative measures.
- Reach out to those closest to you for help:
 - Family and friends can be great support systems when you're going through difficult times.
- Be more social:
 - Interact with coworkers to foster relationships that will increase positivity at work.
 - Spend more time with your close personal friends and family.
- Spend time focusing on yourself and your mental and physical health:
 - Incorporate daily exercise into your routine.
 - Meditate for as little as ten minutes a day to reduce and control stress.
 - Ensure you get adequate sleep each night.
 - Seek out professional help to assist you with improving your mental health.
 - Engage in extracurricular activities that bring you joy and relaxation.
- Reevaluate your priorities:
 - How have your values changed since you joined your current job?
 - Are your values aligned with those of your organization?
 - Can you achieve your career goals at your current job?

Reduce stress and prevent burnout by focusing on your personal health to increase positivity in your workplace and your life!

Jumpstart Your Job Search



Discover your competitive advantage by collaborating with Arlene Newman, President of Career Bound Success, and her team.

We work with professionals at all levels and across all industries, providing them with strategies to successfully land jobs!

In addition, we work with companies to provide **Corporate Outplacement**.

With one-on-one coaching, we develop personalized strategies to achieve career success.

Our services include:

- Career Direction
- Resume Preparation
- Personal Branding
- Online Image
- Networking Strategies
- Interview Training
- Salary Negotiations
- Corporate Outplacement

And More!

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