

10 strategies to help you reset

Your brain and body can only handle feeling overworked and overwhelmed for so long. If you consistently experience high levels of stress without taking steps to manage or reduce it, exhaustion eventually takes over — leaving you emotionally and physically burned out. You may begin to feel less motivated since it seems like nothing you do matters. However, these guidelines can help you to recover from burnout.

Find the source

It's tough to make changes when you don't know exactly what needs to change but exploring contributing factors or sources of stress in your life can help. Burnout often relates to job and professional triggers, a rigorous academic schedule, dealing with relationship problems or caring for a loved one with a serious or chronic health condition.

Trying to do too much on your own also creates an ideal environment for burnout to fester. The stress that accompanies each single factor might be manageable on its own, but the combination can easily overwhelm you if you don't take steps to get support.



Identify immediate changes you can make

You might recognise a few ways to lighten your load right away. If you're already running out of hours in the day for the things you absolutely need to do, adding more tasks will only add more frustration and stress. Evaluate your existing commitments and consider canceling or rescheduling a few. The immediate relief this brings may surprise you. If you are overwhelmed with work and personal commitments, speak to your manager or try to turn down requests from loved ones.



Talk to people you trust

Burnout can become so overwhelming that determining how to address it still seems exhausting. It's also hard to identify potential solutions when you feel completely spent. Involving a trusted loved one can help you feel supported and less alone. Friends, family members, and partners can help you brainstorm possible solutions. They're close enough to your life to have some understanding of what works for you but still have enough distance to consider the situation with some clarity. Opening up to people about the distress you're experiencing can take some courage, especially when you are worried that they'll see you as incapable or lazy. But struggling through burnout alone can make overcoming it more difficult.



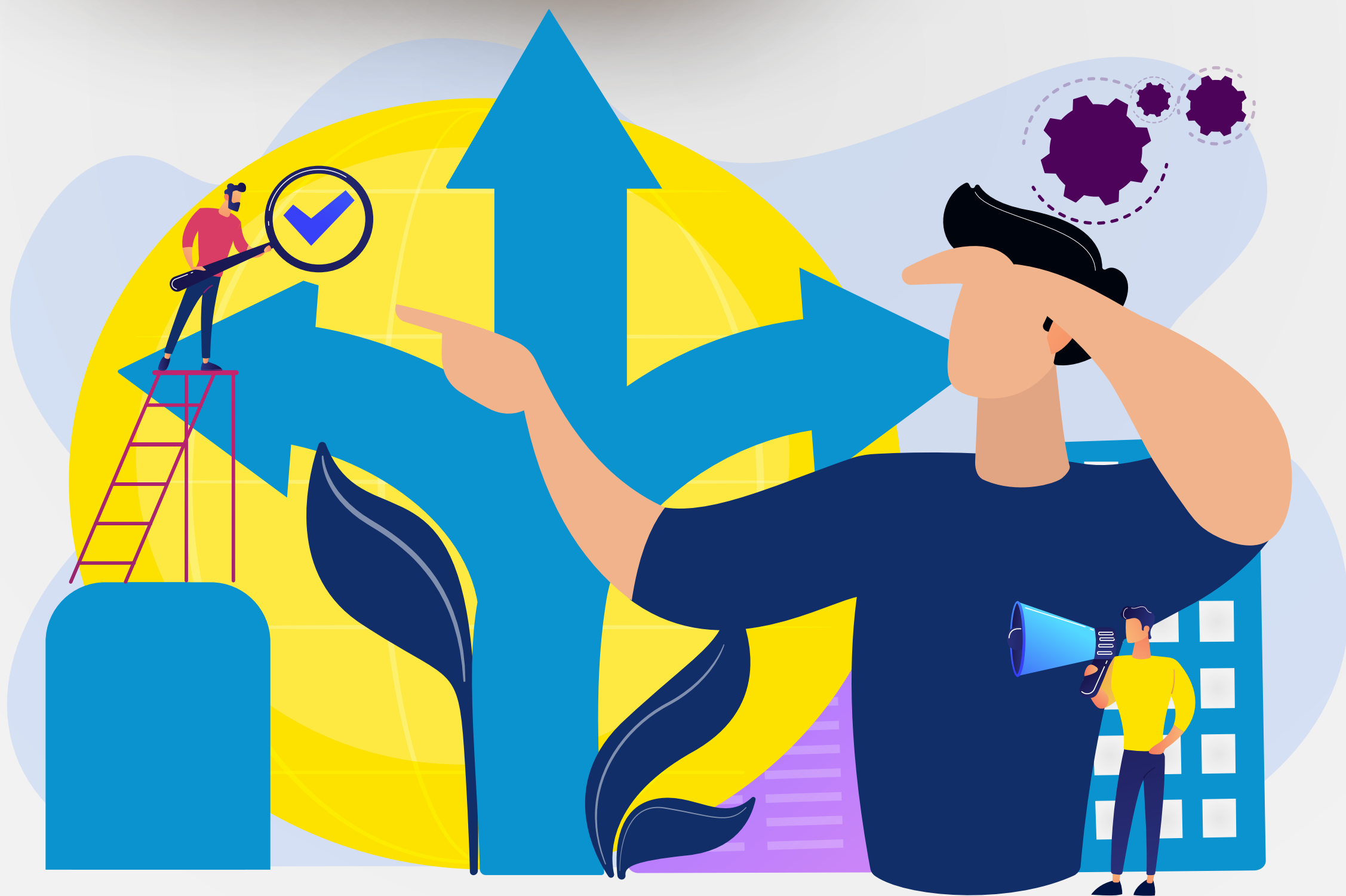
Examine your options

Unfortunately, addressing burnout isn't always straightforward. But this doesn't have to mean it will hold you down forever. You may not see an easy road to recovery, but a little exploration may unearth some kind of path. If you feel burned out because of relationship difficulties, a counsellor can offer support as you take a closer look at your relationship and whether it's serving your best interests.



Take back control

Burnout can make you feel powerless. You might feel as if your life is rushing past and you can't keep up. If outside factors contributed to burnout, you might blame these circumstances and have a hard time seeing what you can do to change the situation. You may not have had control over what happened to bring you to this point, but you do have the power to take back control and begin to recharge.



Set boundaries

Setting limits on the time you give to others can help you manage stress while recovering from burnout. Remember that part of boundary setting also involves learning to say no. It doesn't make you lazy, selfish, or mean. You are just taking care of your mental health and also proactively preventing burnout.



Practice self-compassion

Reaching a point of burnout can bring up feelings of failure and a loss of purpose or life direction. You might feel as if you can't do anything properly or you'll never achieve your goals. When you reach a point of burnout, you've probably pushed yourself past the point of what most people would realistically consider themselves capable of for some time. If a friend was in your situation, chances are you'd offer empathy and kindness instead of telling them how utterly they failed. Grant yourself the same love and support. Remind yourself you don't have to be perfect, and that it's okay to need a break.



Pay attention to your needs

Taking charge of your physical and emotional health is key to burnout recovery. Practicing good self-care can make recharging easier while you try other strategies to reset. This can include making enough time for restful sleep, spending time with loved ones, trying to get some physical activity each day, eating nutritious meals, staying hydrated, trying meditation, yoga, or other mindfulness practices for improved relaxation.



Remember what makes you happy

Severe burnout can drain you and make it hard to remember what you used to enjoy. You may have lost your passion for a career you once loved and feel angry and resentful when you get to work each day. Perhaps you no longer care about your favourite hobbies, or you've stopped responding to texts from friends because you lack the energy for conversation. You might even feel perpetually irritated and snap at your partner or family without meaning to. To counter these feelings, create a list of the things that bring you joy and make time for these activities every week, and keep this habit up even after you feel more like yourself.



Talk to a therapist

Confronting burnout isn't easy, especially when it's already taken a toll on your personal relationships and quality of life.

A therapist can offer professional guidance by helping you identify causes, explore possible coping methods, and navigate any life challenges contributing to burnout. Burnout can provoke feelings of helplessness and can also play a part in feelings of depression, so it's particularly important to talk with a therapist if you feel hopeless, have a persistent low mood or experience thoughts of hurting yourself or others. Resetting yourself after burnout can be a lengthy process – but by choosing to address it, you've already taken the first step.

