

## BURNED OUT

by:

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Pause for a moment, take a deep breath, and ask yourself “How am I feeling today?” Having so much dedication and thinking about work-related things is a good thing for it only means that you care about your job, but not until it costs you your health. The negative consequences should not outweigh the reward of the role. Feeling stressed at work is normal but if experienced for prolonged period, this can lead to burnout.

According to World Health Organization, burnout is an occupational phenomenon and is mainly characterized by symptoms such as exhaustion, alienation from work, and reduced performance or efficacy. Other burnout symptoms include chronic aches and pains, fatigue, lack of motivation and creativity, absenteeism, procrastination, irritability, insomnia, low energy levels, disorganization, changes in appetite, upset stomach, nervousness, substance intake, racing thoughts, poor judgment, apathy, muscle tension, etc. The cause of burnout includes anything from heavy workload or strained work relationships. Also, being perfectionist and too competitive add fuel to the fire.

Spending a lot of your time at the workplace that gives you a consistent sense of feeling stressed and overwhelmed which you can barely manage will take a serious toll on your body. While burnout may not be classed as medical illness or condition, this can lead to serious problems such as cardiovascular diseases, depression, anxiety, eating disorders, obesity, menstrual problems, gastrointestinal disorders, neurological changes, and other health issues. If left unchecked, burnout may drastically affect the ability of the individual to cope with daily life, and worst, it may even lead to death. The good news is that burnout is reversible and you can reduce the effects of burnout without necessarily

quitting your job by trying these coping strategies: exercise, lifestyle changes, setting realistic goals, therapy, medication, balanced diet, getting enough sleep, time management, maintaining work-life balance, identifying stressors, managing workload, accomplishing one task at a time, creating innovation at work, taking new hobbies and interests, support group, self-affirmation, rewarding oneself, and sharing issues and concerns with colleagues.

Your health and peace of mind must come first before your job. This is something people usually learn the hard way; the money they earned so eagerly is the same money spent for the hospital stay. You will not be able to function well in your organization if you do not take care of yourself anyway. Prioritize your well-being and do not wait until you reach your breaking point. You will spend a lot of your hours at work so you might as well find ways to enjoy it. Through proactive decision making, you can change your perspective about your work, leading to a good quality of life.

*References:*

<https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>