

PREVENT BURNOUT IN THE NEW YEAR



Megan Hosking
Netcare Akeso Crisis Line
and Marketing Manager

SET HEALTHY BOUNDARIES. It's okay to say no!

WORK ON YOUR COPING SKILLS. There will always be things that are not within your control, and so developing positive skills to help you cope with difficult times is essential.

LOOK AT YOUR CIRCLE. Have a look at the people you surround yourself with, and build the positive relationships you have. There are proven benefits to your mental health when you have positive social connections.

DON'T WAIT UNTIL YOU FEEL you can't cope anymore. If you are struggling, speak to someone before your experience feels completely overwhelming.



"We often neglect our spirit in our day-to-day life, and spiritual snacking keeps that connection to your inner world strong"

Claudia Brandt
Productivity Coach

KNOW YOURSELF - it's part of self-preservation - Are you able to stand up for yourself? Is ambition pushing you? Are not even aware of the full extend of your exhaustion? You don't see a way out, but burnout is on your heels. This means that you need to change something fundamental. Burnout develops from our personal response to ongoing, unmanaged stress. A part of us keeps pushing us past our physical, emotional and mental limits. This part does not know when and how to return to a more sustainable and healthy way of dealing with this stress. My tip is to really know yourself. Know what are the instances in which you cannot really trust yourself to hold your own interests at heart. The Enneagram is a self-development tool that helps you see yourself clearly, how you steer into burnout and how to get out. Permanently steering clear of burnout is a process - a very rewarding one.

Melissa Lainn
Integrative Nutrition
Health Coach & Certified
Meditation Practitioner

CALL IT SPIRITUAL SNACKING! - 'Spiritual Snacking' is intentionally creating mini breaks throughout the day to keep you conscious and connected to your inner self. Think conscious breathing, a quick forgiveness practice in the car, doing a five-minute meditation, saying a prayer, or being grateful. These bites of 'self-care' help you stay conscious and connected to your inner self, prevent burnout, and allow stress to fizzle away. Yes, a lot of what leads to and heals burnout is in your outer environment, the energy regulation in your body, and your mindset, but we so often neglect our spirit in our day-to-day life, and spiritual snacking keeps that connection to your inner world strong throughout life's ups and downs.

We often put a lot of pressure on ourselves at the beginning of the year, but have you considered prioritising your wellness as a goal so that you don't spend the last quarter of the year recovering from burnout?

WORDS BY THOBEKA PHANYEKI

