

Strategies to Overcome Burn Out

Burn out can happen to anyone, really at any time. Common signs of burn out include depression, mental, emotional and spiritual fatigue, over reacting to small things, lack of concern over work or tasks, anger, feelings of powerlessness, weight loss or gain, insomnia, negativity and other similar signs.

It is important to deal with burn out before it causes major impact to your life in regards to goals and directions. Early prevention is best.

Several suggestions will be offered to help offset burn out. If possible, take a vacation. For those that it is impossible to do, or at least when you need to, let's look at some alternatives.

Wipe your calendar as clear as possible for a while. Don't do or go anywhere that is not totally necessary. Realize others may not always agree with your definition of necessary.

On the physical level, take extra good care of your body. Eat organic healthy foods, get exercise especially some fresh air, take vitamins and get some extra rest.

When ready find some time to pinpoint the tasks and situations that seem to really overwhelm and drain you. Once you identify those, see if those can be delegated to others, hire help for that or find other ways to compensate for those taxing duties. Also find what refreshes you and increase those activities.

Talk to someone else, outside of the situation, could be a friend, family, life coach, counseling, etc. They may be able to offer insights and suggestions you can't see. Sometimes it's tough to see the trees through the forest.

Give these suggestions some time to see how they are working for you. If you're better, then maintain that better life balance. If it's the same or worse, it may be a time to really look at the goals you have set and where you want to go. Sometimes past goals no longer are a good fit and we need the freedom to change our goals. But do it from a position of strength and not just desperation to change, just for the purpose of something being different.

Sometimes, burn out can be a reality check that our life is out of balance in some way and adjustments are good and very healthy and necessary to our lives. I believe there are very real seasons in each person's lives' and perhaps it can be a changing of one season to another new one. It is important however, to step back and see what our bodies are telling us when we experience burn out. Who knows, perhaps it may even be one of those "hidden blessings" that we look back on years later and think, "you know, that was the beginning of a real, positive change in my life.

About the Author

Drop by our site to discover ways to reduce stress and make life more enjoyable and meaningful to live. The [effects of stress](#) and [anxiety](#) can be so draining and miserable that it can rob us of the joy of living well.

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