



# Bounce back from burnout.

## Build your resilience and maintain vitality.

We all have bad days – days when all you want to do is push through and survive. But when emotional burnout continues, the negative feelings can start to affect your work and personal life, especially if you are doing things like self-medicating to cope.

It's important to know that you can overcome these feelings, start to build your emotional resilience and get energy back in your day. Resilience is about finding inner strength, knowing how to deal with burnout and bouncing back better with greater vitality. That's why resilience and vitality go hand in hand.

Here are some suggestions to build your own resilience and vitality tool kit. Try a few and see which ones work best for you.



### Own your thoughts.

- **Don't focus on the negative.**  
Try focusing on growth. Make a list of your strengths and what makes you feel good.
- **Work toward a flexible mindset.**  
Know that it's okay to feel different emotions, including anger and frustration. Acknowledge the feeling for what it is and accept it.
- **Practice quieting your mind.**  
Meditation, breathing, intention setting, journaling and grounding can help you find peace and better manage difficult emotions when they arise.
- **Don't lose your sense of humor.**  
Laughter helps relieve stress, even when times are tough. Listen to your favorite comedy skit, read a joke or watch a funny video.



### Find time for you.

- **Move your body.** It's a great way to take your mind off what you're burned out on. It can also help release tension and relieve underlying stress.
- **Get enough rest.** If stress is keeping you up at night, try improving your sleep routine or talking to your doctor about supplements or medications.
- **Eat well.** Notice how much better you feel when you make healthy choices and eat balanced meals.
- **Enjoy a hobby.** Spending time doing things you enjoy – and things you're good at – is another way to think about something other than your stress.



### Identify your support system.

- **Don't withdraw.** Find coworkers, family or friends who are understanding and respectful of your feelings and will listen to what you're feeling.
- **Don't go it alone.** It's okay if you need help. A therapist, a counselor, a coach or, another mental health professional, can help with your burnout. You also can discuss your feelings with a religious leader.

WebMD. "What to Know About Burnout." <https://www.webmd.com/mental-health/what-to-know-about-burnout>. Last reviewed November 16, 2021.

WebMD. "Mindfulness Exercises/Mindfulness Techniques." <https://www.webmd.com/balance/mindfulness-exercises-mindfulness-techniques>. Last reviewed October 25, 2021.

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