Workplace Burnout Prevention

A healthy space builds stronger teams.

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What is Workplace Burnout?

Physical, emotional, and mental exhaustion caused by prolonged and excessive work.
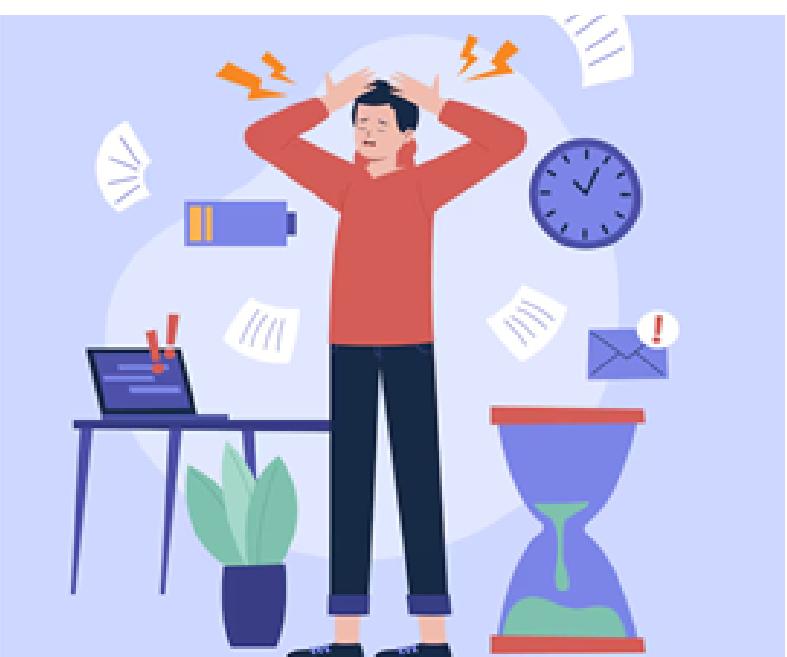
Key Well-being Areas

Mental

Physical

Emotional

Social

Full-Time Employee Burnout Statistics

28%
of full-time employees feel burned out at work very often or always
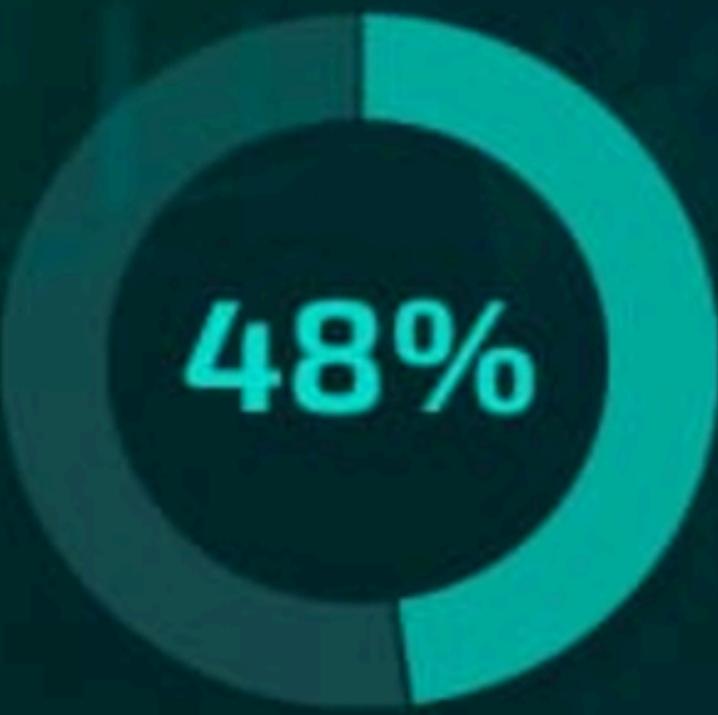
48%
of full-time employees sometimes feel burned out
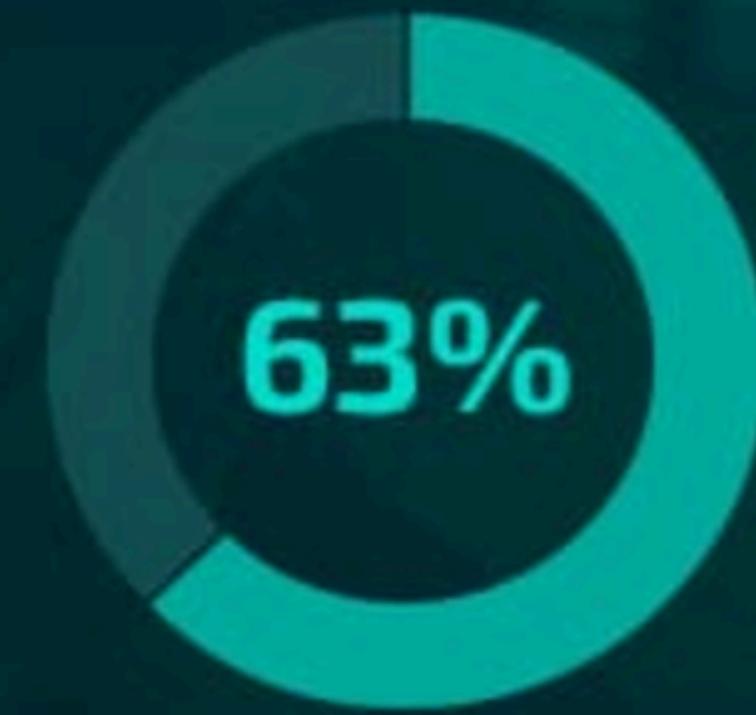
63%
employees who experience burnout are more likely to get sick

23%
employees experiencing burnout are more likely to visit the emergency room

Signs of burnout at work

Always feeling tired

Increased anxiety

Poor work performance

Lack of motivation to work

Increase in mood swings

Other physical ailments include unable to sleep, frequent migraines, dizziness or fainting, etc.

Mindfullness

Stop

Take a Breath

Observe

Workplace Trust & Communication

Clear Communication

Clear is kind.

K.I.S.S (Keep it Simple Superhero)

Say what you mean, mean what you say

Align on goals & timelines

Clarify & Summarize

Wellness Culture

Normalize Rest & Recovery

Emotional intelligence (EI/EQ) –
Awareness of oneself & others

Psychological Safety

Eisenhower Matrix
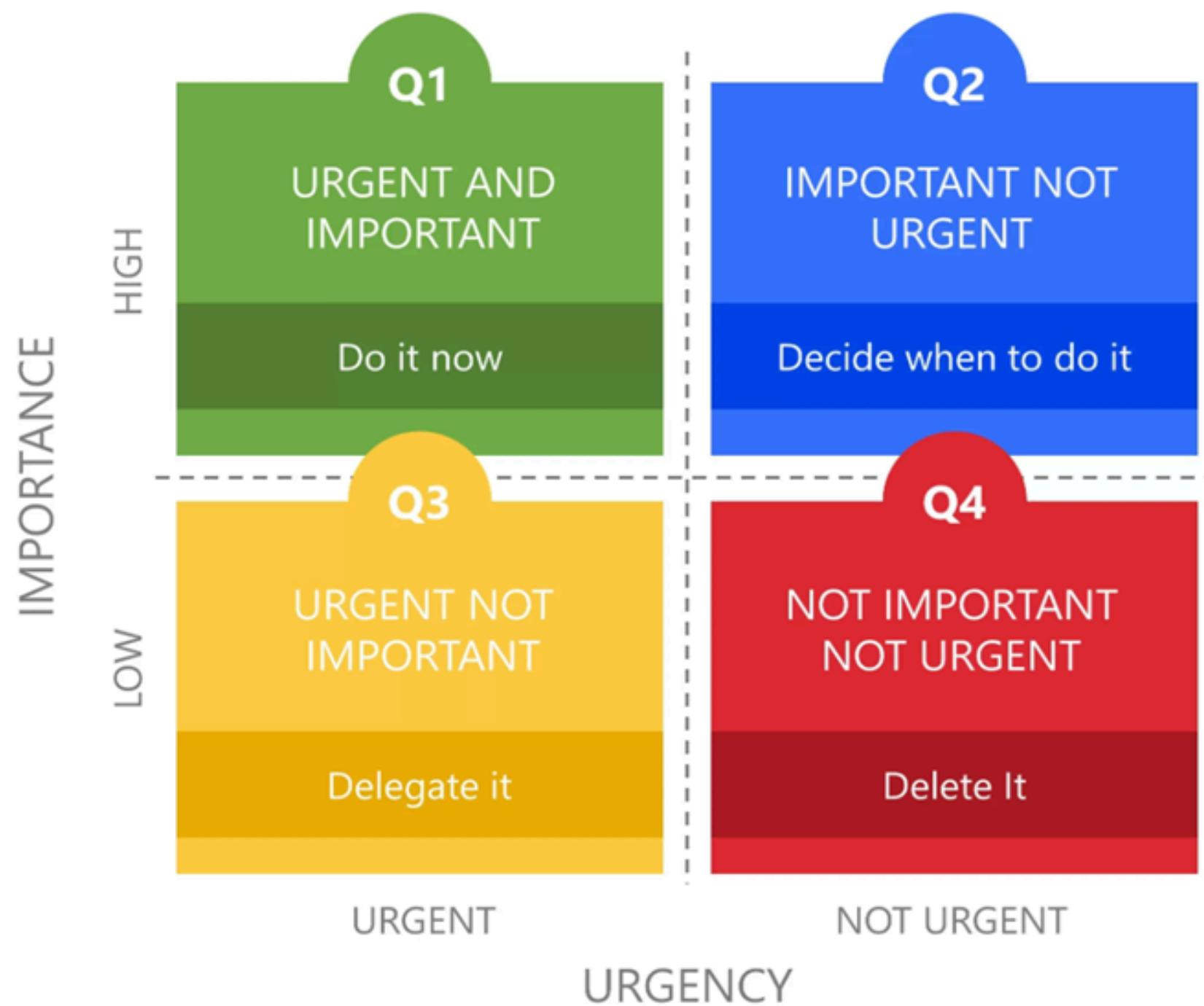
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