

OPTIMAL

A newsletter for wellness and improved wellbeing

About OPTIMAL

OPTIMAL is a monthly wellness newsletter developed and circulated by Sages & Scribes Consultants aimed at informing, educating and improving the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

People are always busy doing something. Everyone works in one way or another, and the daily hustle is real. Having so much to do means we could become exhausted and stressed. How can we remain sane and healthy despite our workload? In this issue we discuss burnout, and how we can stay fresh and strong in our ever busy lives.

Improve your wellness, optimize your wellbeing and enhance your lifestyle with OPTIMAL.

Sages & Scribes
CONSULTANTS



braving burnout

By Ven. Adelowo Adesina

Busy as a bee. Busy beavers. I'm busy. I don't have time... We seem to be living in an era that has become increasingly busy. Everyone is always busy! And its not just people, we even have places where they say "The city never sleeps".

There are the constant demands of everyday life with regards to our businesses, families, helping others, and maintaining our relationships. On some days, we lay aside the need to rest, which could raise our stress levels and lead to burnout.

Experts have described burnout as "a form of exhaustion caused by constantly feeling swamped. It's a result of excessive and prolonged emotional, physical, and mental

stress. Burnout happens when you're overwhelmed, emotionally drained, and unable to keep up with life's incessant demands."

Burnout affects one's mental and physical health. When not properly attended to, it can hinder the chances of attaining one's desired productivity levels.

Burnout can affect your mood by making you feel resentful, cynical and hopeless. It can leave you feeling drained, which can adversely affect your work, social and family life.

We all experience stress in one way or another. Some days are good, but others not so much. Do we have burnout? Let's find out...





Burnout is not the result of doing too much, it is the result of not getting enough rest.

John Hickey

NO BEATING
YOURSELF
UP.
THAT'S NOT
ALLOWED.
BE PATIENT
WITH
YOURSELF.
HOLLY MOSIER

What exactly is burnout?

Burnout is when the physical, mental and psychological exertion from stress takes its toll on our minds and bodies. This can cause us to feel fatigued, disconnected and worn out.

Burnout is a form of exhaustion caused by constantly feeling swamped. It's a result of excessive and prolonged emotional, physical, and mental stress. In many cases, burnout is related to one's job. Burnout happens when you're overwhelmed, emotionally drained, and unable to keep up with life's never ending demands.

Recognizing Burnout

There are times when we feel listless and tired, which could be fatigue or exhaustion due to not having enough rest over a period of time. On the other hand, it could be the onset of burnout.

Burnout is total system breakdown, after prolonged, unmanageable stress, and emotional fatigue.

Here are some emotional signs and symptoms of burnout to look out for:

- Sense of failure and self-doubt.
- Feeling helpless, trapped, and defeated.
- Detachment, feeling alone in the world.
- Loss of motivation.
- Increasingly cynical and negative outlook.
- Decreased satisfaction and sense of accomplishment.



Burnout is usually a slow and gradual process, one that tends to rob people of their passion, motivation and energy. It leaves people with feelings of exhaustion, disillusionment, and frustration. But as overwhelming and infiltrating as burnout can feel, recovering is possible.

What burnout does to you

Beyond the impact burnout can have on your physical well-being, it can also negatively affect the way you perceive yourself. It often causes a reduced sense of accomplishment and a disassociation of personality.

Burnout can also:

- Weaken your immune system and make you susceptible to falling ill.
- It affects your mood and ability to communicate effectively.
- It increases one's tendency to misuse substance.
- It could lead to sleep disorders.

Burnout is the accumulation of unchecked stress over long period. You can have stress without burnout, but you can't have burnout without stress.

How To Deal With Burnout

Feeling rundown? Here are some simple ways to get yourself back on track:

- **Don't stay in a silo.** Talk to someone who can be of help about the challenges you face.
- **Rest.** Get quality sleep as this is very essential for balanced mental and physical health.
- **Workout.** Have regular exercise and practice meditation or yoga to relax.
- **Think positive!** Dwell on the positives of life.
- **Practice mindfulness.** Look out for the triggers that weighs you down – be aware of how your being works.
- **Avoid stressors.** Know what causes you stress and reduce your exposure to them.
- **See a therapist.** Schedule an appointment with a therapist if you feel you need one.
- **Stay away from the nay-sayers.** Limit your contact with negative



You can do
anything
but not
everything.

Job Burnout

Job burnout is a special type of work-related stress — a state of physical or emotional exhaustion with a sense of reduced accomplishment and loss of personal identity. Whatever the cause, job burnout can affect your physical and mental health.

How to check job burnout? Ask yourself:

- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack the energy to be consistently productive, or find it hard to concentrate?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits changed?
- Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?

If you answered yes to any of these questions, you might be experiencing job burnout. Consider talking to a doctor or a mental health provider because these symptoms can also be related to health conditions, such as depression.



*It is important
that you do not lie
to yourself; if you
lie to yourself, you
end up with
burnout.*

Patrick Pichette

BURNOUT IS A SIGN
THAT SOMETHING
NEEDS TO *change.*

Resources: webMD.com, mayoclinic.org, helpguide.org,
integrisok.com, [cnn](http://cnn.com), betterup.com, blogzncare.com

Burnout happens when too much of your life is draining and not enough is fulfilling, then a sense of hopelessness can take over.



Beat Burnout!

Life happens, and sometimes we get stressed. Here are a few tips to lower your stress levels and beat burnout:

- **Eat healthy.** Stay hydrated. Eat well-balanced meals with fruits and vegetables.
- **Get regular exercise.** It's a natural remedy for stress, anxiety, and depression.
- **Sleep.** Rest and sleep well, at least 7hrs daily. A good mattress, comfy pillows will help.
- **Learn to say 'no'.** You can't do everything. Do your responsibilities, but learn to say 'no' when other things come up until you have the strength, passion and vitality to do them. No one will think you are a terrible person.
- **Play!** All work and no play makes Jack tired, fatigued, overworked, and overwhelmed with stress and burnout. Bring out the child in you - play, recreate, relax, refresh and re-energize.
- **Spend time with positive people.** Regularly connect with positive people who affirm, inspire, motivate and lift you up.
- **Constantly re-invent self.** Constantly learn, unlearn, and relearn. Get new skills and update your competencies to be more relevant, efficient and effective.
- **Take a break!** We have holidays for a reason. Take a regular holidays or periodic vacations are for education, exposure, enlightenment, relaxation and fun. You need this. Get the zest and zeal, and rekindle your physical, emotional, and spiritual levels. Restore creative energies and resourcefulness. Renew you!

In Other Words...

We all want to do more, be more, love more, help more, and generally be there for everyone and everything. However, this comes at a price. We need to learn to take life one day at a time, and let go of the things we can't handle, knowing that we can always deal with it later.

Prioritize self-care and live your life the best way you can, devoid of those triggers that can cause undue stress. Remember, you can do anything, but you can't do everything. Live to avoid burnout.



Sages & Scribes Consultants
5A Aderibigbe Shitta Street,
Maryland Estate, Maryland,
Lagos.

☎ +234 8034735875
✉ info@sagesandscribes.com

www.sagesandscribes.com

Sages & Scribes Consultants is a multi-disciplinary consulting firm with a mission to offer bespoke world-class consulting services to give clients an advantage by building their people and technology enabling them stand over and above competition.

Our Services

Human Capital Advisory: Training and Development, HR Planning and Management, Human Capital Outsourcing.

Business Advisory: Strategic and Organizational Management, Technology and Innovation Management, Social Policies and Welfare Programmes.

Employee Assistance: Employee Engagement for Productivity and Performance, Psychosocial Risk Management, Employee Wellness and Wellbeing.

Ven. Adelowo Adesina is the Managing Consultant of Sages & Scribes Consultants, and a Priest of the Anglican Communion.