

RECOGNIZING AND HANDLING JOB BURNOUT

Take action, know your resources

Have you ever felt like work keeps piling up, you're unable to concentrate, you feel like your productivity level and accomplishments have taken a downward spiral? You might be experiencing job burnout. While it might be normal to experience this occasionally, constant work-related stress can have negative effects on your physical and emotional health. If you feel you are experiencing job burnout, try these tips to help you overcome it.



Is it Job Stress or Burnout? Take an Assessment

Check to see if you're experiencing burnout with your current work at sfhss.crediblemind.com



Reach out to others

Seek support through coworkers, friends and family, EAP or use your mental health benefits to help you find someone to talk to.

- Visit sfhss.org/eap for more info or call EAP (628) 652-4600.
- Checkout your mental health benefits sfhss.org/using-your-benefits.



Reframe the way you think

Shifting your mindset to look at the positive aspects within your life or workplace takes time and practice. Finding value in the work you do can change how you think about your job.

- Learn how to prime your mind for optimism at bit.ly/greatergood-mindset.



Set boundaries where you can

Don't overextend yourself. Learn to say "no" to requests that can take up more of your time. Take daily break, use your PTO, and don't work past your scheduled shift to help provide you with some time to recharge.

- Visit sfhss.crediblemind.com for resources to help you create a work-life balance.



Boost your mood

Make self-care a priority and take time to engage in activities that brings you joy. Aim to add exercise or movement daily. Practice healthy eating and get plenty of sleep. Engage in mindfulness activities, like meditation, walking, or gardening. These activities can help boost your mood and energy levels.

- Checkout available well-being classes at sfhss.org/events.

KNOW YOUR RESOURCES

WE'RE HERE *For You*



CRISIS RESOURCES

The National Crisis Hotline

988 or (800) 273-8255

National Domestic Violence Hotline

(800) 799-7233

thehotline.org

National Sexual Assault Hotline

(800) 656-4673

CITY RESOURCES

SFHSS Employee Assistance Program

sfhss.org/eap offers a variety of confidential counseling, consultation, coaching & education services.

(628) 652-4600

Mental Health & Substance Abuse Benefits:

- Blue Shield (877) 263-9952 or 24/7 LifeReferrals (800) 985-2405
- Kaiser (800) 464-4000
- Health Net CanopyCare (833) 996-2567

sfhss.org/Using-Your-Benefits/mental-health-emp

APPS

- [Unwind](#) an app designed to help you better understand how your mind works, reduce stress, and build healthier habits.
- [calm.com](#) an app for anxiety, sleep, mindfulness and meditation. (Free to Kaiser Permanente members on [kp.org](#).)
- [headspace.com](#) an app for anxiety and coping with stress.
- [onemomentcompany.com/app](#) a free app to learn One Moment Meditation for stress and anxiety relief.
- [insighttimer.com](#) a free app for sleep, anxiety and stress.

WEBSITES

- sfhss.crediblemind.com a clearinghouse of information, assessments, short videos, mental health and well-being resources.
- sfhss.org/well-being provides a variety of resources, programs and information to support your health and well-being.
- greatergood.berkeley.edu offers articles, videos and helpful tips on dealing with stress, anxiety & crisis.
- helpguide.org find helpful articles and videos on mental health topics.