

The 5 Bs of burnout

By Dr Fiona Crichton, VP of Behavioural Science



Breathing

When you're stressed, your breathing gets shallow and short, leading to deeper anxiety. Learning to breathe deeply, especially in times of stress, is a great way to calm your nervous system and prevent burnout.

Boundaries

If life is all work and no play, you may start to feel stuck, resentful, and exhausted. Letting work bleed into every aspect of your life also puts you at greater risk of burnout. Setting boundaries can help you protect your downtime for things you enjoy.



Breaks

Taking breaks gives your brain a chance to rest, recuperate, and reenergise. Breaks of all sizes are important - this isn't just about taking long holidays! It's about getting into the habit of giving your brain and body a break multiple times a day.

Body

Looking after your body will help protect you from burnout. Sleep, diet, and exercise are key to keeping your stress levels under control. Try to go to bed at the same time each night, eat a nutrient-rich diet, and find time to exercise regularly.



Be kind (to yourself)

When you're kind to yourself, you're more likely to look after your wellbeing. Being kind to yourself often looks like going to bed early, eating nourishing food, giving yourself the rest you need, and practising kind self-talk when things get too much.