

Title:

Six Easy Ways To Cope With Burnout

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334

Summary:

Have you ever been hopeless, powerless, cynical, and unsuccessful at work? Having such feelings

Burnout is physical or emotional exhaustion, especially because of long-term stress. It can happen

In such conditions, you may get very sad, angry, lack of interest...

Keywords:

Article Body:

Have you ever been hopeless, powerless, cynical, and unsuccessful at work? Having such feelings

Burnout is physical or emotional exhaustion, especially because of long-term stress. It can happen

In such conditions, you may get very sad, angry, lack of interest and motivation. That can lead to

If you are experiencing burnout, what can you do to cope with it? Here are some ways:

1. Take care of your body - Eat right, sleep well, do exercise and see doctor if you feel burnt
2. Do your favorite things - Make a schedule for spoiling yourself in a day, week or month. Re
3. Talk with others - Communicate with others who will listen and understand you, but not judge
4. Make realistic targets - Setting targets for your life will give you a real sense of purpose
5. Enhance your relationship - Getting closer to your partner, children, friends and other people
6. Understand your strengths and weaknesses - Knowing your strengths and weaknesses can help you

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