

ARE YOU SUFFERING FROM EXECUTIVE BURNOUT?

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The constant emails, 24/7 connectivity, work demands, fierce office competition, and endless deadlines at work can often lead to executive burnout with detrimental consequences if not caught and treated in time.

Triggers

According to Tony Tan, clinical manager (and psychotherapist) of The Dawn Rehab Centre in Chiang Mai, Northern Thailand, this fast-paced world with its technology, Internet, and smartphones is making everybody busier to the point they are working or worrying about work 24/7. This stress affects everyone from young interns to top executives and professionals.

Defined

Burnout is a state of mental, physical and emotional exhaustion caused by prolonged and excessive stress, Tan explained, and behavioral signs include abandoning responsibilities, social isolation, and letting out frustrations on other people, while symptoms include substance abuse, insomnia, depression, and other mental health issues.

Tips for Avoiding Executive Burnout

- Get back to basics – look at what the duties and performance indicators are in your role. Go back to your job description if you have to. Work out where you can delegate, let go of a project already underway, or take a step back.
- Make a plan – write a plan for the coming week and include the tasks you have to get done and prioritize them. Take a few minutes each day to update the plan and tick off what you’ve achieved so far. Stick to the plan and don’t add to it unnecessarily.
- Learn how to say ‘no’ – you don’t have to be on every committee or in every meeting. The more you place value on your own time, the more other people will too.
- Take regular breaks during the day – this doesn’t mean leave work aside and look at Facebook. It means scheduling time to get away from your desk completely, preferably by going outdoors for a walk. You’ll de-stress and be more productive afterward.
- Take regular exercise – the benefits of regular exercise are many, and stress-reduction is high on the list. And the exercise doesn’t have to be strenuous to be beneficial.
- Start meditating – mindfulness meditation helps reduce stress and improve concentration. If it seems too daunting to meditate for half an hour, then start with 5 or 10 minutes and build up.
- Get help – if you feel you’re too exhausted to make positive changes in your routine then talk to somebody about it. A counsellor with CBT, NLP and life-coaching skills will help you see more clearly where you’re at in your life and career, and where you want to be.

(Credit: Tony Tan, Clinical Manager, The Dawn Medical Rehab and Wellness Centre)

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