

# Combating Educator burnout!

We've all been there! You know the feeling! You are wiped out and just need a break! Being able to recognise the signs of burnout, having strategies in place for self-care, and being open to help, especially from your HAFDC colleagues are all great ways to prevent and reduce problems!

**Stress is not what happens to us. It is our response to what happens. And response is something we can choose – Maureen Killoran**

## What is Burnout?

Burnout is defined by the Miller-Keane Encyclopedia and Dictionary of Medicine, Nursing, and Allied Health, Seventh Edition as emotional and physical exhaustion resulting from a combination of exposure to environmental and internal stressors and inadequate coping and adaptive skills. In addition to signs of exhaustion, the person with burnout exhibits an increasingly negative attitude toward his or her job, low self-esteem, and personal devaluation.

## STRESS

Someone

Trying to

Repair

Every

Situation

Solo

[davidwillis.org](http://davidwillis.org)

## SIGNS OF BURNOUT

- Dreading going to work and social activities
  - Difficulty concentrating
  - Lack of productivity
    - Resentment
    - Procrastinating
    - Irritability
  - Giving up on and not setting goals
- Stress related health problems such as headaches
  - Unable to relax
  - Feeling overwhelmed
- Overthinking and lack of confidence
- Tiredness, exhaustion and insomnia
  - Lack of interest

If you are experiencing burnout, it is important to reassess how you are dealing with your situation and practice some self-care. Seek guidance from your Consultant or HAFDC Management. Accept help from your Consultant, they get to know you well and keep in touch with you often so that they can assist you in any way!

## Tips for avoiding burnout

- × Know your limits – learn to say no
- × Stay healthy – eat and drink well, exercise in the fresh air, get plenty of sleep
- × Set realistic and reasonable goals – don't worry if everything doesn't get completed
  - × Have a great support team – ensure they understand what you are feeling
- × Recognise and accept your own feelings – needing a break doesn't mean you have failed
  - × Enjoy some me time – have a break from technology and do something for you
  - × Reflect on why you started in the first place – remember why our roles are great!
  - × Practice gratitude – appreciate the little things
- × Start from scratch – research ways to take a new approach
- × Declutter your environment – it will help declutter your mind



**Holistic**  
APPROACH F D C