



# Are you suffering from burnout?

LifeWorks Can Help.

Burnout is a state of chronic stress that leads to physical and emotional exhaustion, cynicism and detachment, feelings of ineffectiveness and lack of accomplishment that can harm both your health and your career. Though the symptoms of burnout vary for different people, among the most common are:

- **Signs of physical exhaustion:** chronic fatigue, insomnia, constantly falling ill, and weight gain or loss of appetite.
- **Signs of emotional exhaustion:** anxiety, depression, and anger issues. There is also a tendency toward pessimism, cynicism and detachment.
- **A drop in productivity.** Your overworked brain starts forgetting important tasks on a regular basis.

If you're feeling stressed out, overloaded, or overwhelmed, LifeWorks is here to support you with information, strategies, resources, and referrals.

Contact us any time, 24/7, to speak with a caring consultant who can help you talk through how you're feeling and arm you with stress management and organizational tips and techniques to help you avoid burnout. Log in to the LifeWorks platform any time to access helpful articles and resources such as:

- [4 Ways to Overcome Overload](#)
- [Identifying and Mitigating on-the-Job Stress](#)
- [Breathe – Managing Stress](#)
- [Managing Stress](#)
- [Meditation](#)
- [Optimizing Your Day: Gaining Control of Your Time](#)
- [Practicing Mindfulness to Reduce Stress](#)
- [Ten Tips for Optimizing Your Day](#)
- [Understanding and Avoiding Burnout as a Manager](#)
- [Using Progressive Muscle Relaxation to Ease Stress](#)

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Download the app now, just search for "LifeWorks".

