











Recognize the Difference

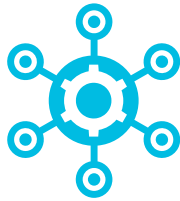
STRESS vs. BURNOUT

Stress	Burnout
 Occurs in short bursts	 Gradual process
 Can be managed if directed properly	 Builds up to become uncontrollable
 Sense of anxiety or uncertainty	 Sense of helplessness or hopelessness
 Loss of direction	 Loss of motivation
 Results in a feeling that things will get better in time	 Results in no positive outlook

Take Care of Yourself, Then Take Care of Others

Burnout has the potential to make you miserable at work, so watch for signs that you're experiencing more than just short-term stress. If you find yourself mired in cynicism, resentment, or exhaustion, it's time to put a burnout plan into action: lean on others, protect your priorities, upgrade your environment, improve work-life balance, and reframe your situation.

Tips for Alleviating Work Burnout



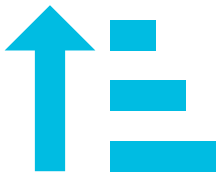
Establish a strong support network

to lean on for guidance or help.



Delegate tasks

to lighten workload.



Prioritize

your team and commitments.



Maintain

a healthy work-life balance.



Take inventory

of what or who it is that may be contributing to your burnout.



Take care of yourself

before taking care of others.

Read our blog post for more information on burnout:
<https://blog.inovapayroll.com/strategies-for-preventing-work-burnout>