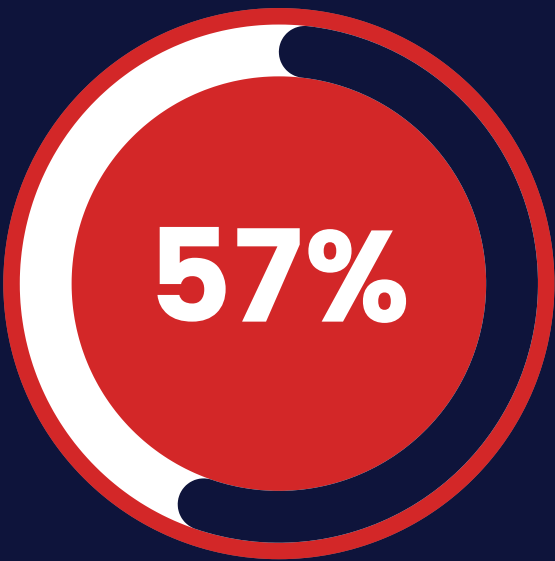


# EOFY BURNOUT:

## Everything You Need to Know



The end of financial year (EOFY) is fast approaching and we all know the added pressures and deadlines can take their toll on employees. Burnout is a real syndrome, recognised by the World Health Organisation caused by chronic stress in the workplace. According to a survey by Willis Towers Watson, 57% of employees who feel high levels of stress also reported that they were disengaged.



**"Burnout is when somebody just feels depleted from doing the task at hand."**

Alice Domar, PhD, Director of the Domar Center for Mind/Body Health.

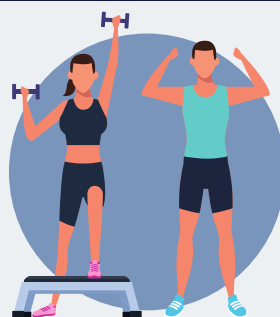
### Being Proactive...

It's not always possible to take time off or reduce your workload – particularly at EOFY – but thankfully, there are some things you can do to help you cope with workplace stress and avoid EOFY burnout this year.



#### SLEEP

National Sleep Foundation guidelines advise that healthy adults need between 7 and 9 hours of sleep per night



#### EXERCISE

Aim for 150 to 300 minutes of "moderate intensity" physical activity, or 75 to 150 minutes of "vigorous intensity" physical activity, each week



#### EAT WELL

Enjoy a wide variety of nutritious foods to meet your energy needs selected from the five food groups every day.



#### MINDFULNESS

Mindfulness means maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.



#### MINDSET

A positive mindset helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid negative thinking.



#### TAKE BREAKS

Taking breaks has been shown to be important in recovering from stress, which can improve your performance. Breaks at work help keep you stay focused on your tasks at hand