

Dealing With Job Burnout During the Pandemic

Common job stressors include heavy workload, lack of work-life balance and job security concerns. If left unaddressed, burnout—which is chronic, unchecked stress—can have serious consequences for your health, social life and career. Burnout can also increase your risk of getting sick.

Dealing with stress is a normal part of everyday life, and these uncertain times may be elevating your overall stress levels even more. Consider the following ways to cope with job burnout:

- **Evaluate and discuss your options.** Be open with your manager, and discuss job expectations or suggest taking on different responsibilities.
- **Seek support.** Talking with trusted co-workers, friends and family can help. Also, check if you have access to an employee assistance program.
- **Try a relaxing activity.** Explore mindful activities—like yoga, meditation or breathing exercises—to take a break and focus on how you're feeling.
- **Check in on your physical health.** It's important to get plenty of sleep to tackle each day. Create a plan to exercise more and eat healthier foods.

If all else fails, you may need a change of scenery. Start small by moving your remote workspace or, if possible, sitting in a different spot in the office. If you're experiencing burnout, talk to your manager or mental health professional.

Signs of Burnout

Watch for prolonged stress and these early warning signs of burnout:

- Lack of interest in work
- Frustration or irritability
- Emotional exhaustion
- Physical symptoms, such as headaches and stomach pains



Don't Delay Preventive Care

The once-a-year checkup has been considered a standard of health care, but many people may be putting off routine appointments during the pandemic. Preventive care allows health care providers to detect diseases or medical problems before they turn serious. Preventive care includes physical and mental health screenings, cancer screenings, annual checkups and immunizations.

Telemedicine makes it possible for you to talk to a doctor about your health, receive a prescription and obtain treatment recommendations from the comfort and safety of your home. Telemedicine shouldn't be used for emergency care situations, but can be a great way to stay up to date on preventive care. Your physical and mental health are important, so don't put it on the back burner.

While many major health plans cover telemedicine services, be sure to check your plan's explanation of benefits to avoid any surprise costs.



Slow Cooker Lentil Soup

Makes: 6 servings

Ingredients

- 6 cups water
- ¼ cup fresh parsley (chopped, or 2 Tbsp. dried parsley)
- 2 tsp. beef bouillon
- 1 ½ cups lentils (dry)
- 2 medium carrots (sliced)
- 1 medium onion (chopped)
- 2 celery stalks (sliced)

Preparations

- 1) Mix all ingredients together in a slow cooker.
- 2) Cook on the low setting for 8-10 hours or on the high setting for 4-5 hours.
- 3) Serve hot with crackers or bread.

Nutritional Information

(per serving)

Total calories	175
Total fat	1 g
Protein	13 g
Sodium	179 mg
Carbohydrates	31 g
Dietary fiber	12 g
Saturated fat	0 g
Total sugars	4 g

Source: MyPlate