

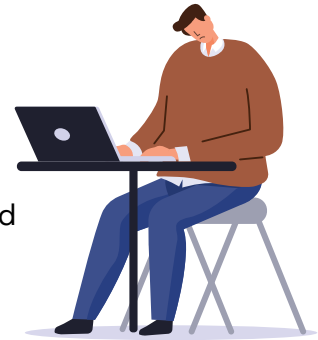
Are you feeling burnt out?

You're not alone.

Signs of burnout

If you're noticing these signs often and feeling emotionally overloaded, you may be experiencing burnout.

- > Low energy or motivation
- > Feeling isolated or trapped
- > Feeling disengaged from work that you used to value
- > Decreased work satisfaction
- > Procrastination
- > Irritability
- > Feeling exhausted and drained
- > Disrupted sleep
- > Headaches and body pain



Strategies to navigate burnout

The root causes of burnout may be beyond your control but there are some effective strategies that could make a difference to how you feel at work.

- > Connecting with others
- > Tackling unrealistic expectations
- > Setting and communicating limits
- > Rediscovering what drives you
- > Planning for self-care



Ready to learn more?

Black Dog Institute has developed a new **free online program called Navigating Burnout, as part of The Essential Network for Health Professionals (TEN)**. TEN is an e-health hub which offers discrete and convenient access to mental health screening, resources, peer support and free telehealth consultations.

We understand that confidentiality is extremely important to health professionals. Resources on TEN can be accessed anonymously. TEN is not funded by Medicare and your interactions with the service won't be recorded on 'My Health Record'.



Scan to find out more

Visit TEN at: www.blackdoginstitute.org.au/the-essential-network/