

TAKE A BREAK



Kia Ora, Bula & Hello!

As a collective, we've been living with unprecedented stress for an extended period of time due to the pandemic and the raft of complex issues it's brought to our communities. And if stress goes unchecked, it can lead to burnout. Our blog this month takes a look at what burn out is and whose job it is to deal with it. Read full blog on our website - www.raisementalhealth.co.nz/lets-talk-about-burnout.

Take the "Three R approach" to burnout



Whether you recognise the warning signs of impending burnout or you're already past the breaking point, trying to push through the exhaustion and continuing as you have been will only cause further harm. Start by completing our checklist over the page, then read our blog for some ideas on what you can do next. (www.raisementalhealth.co.nz/lets-talk-about-burnout)

Checklist: Could you be heading for burnout?

If constant stress has you feeling helpless, disillusioned, and completely exhausted, you may be on the road to burnout. Recognising that there is an issue is the first step, so take a look at our downloadable checklist: Burnout - Signs and Symptoms on our website (link details below).

If several of the statements apply to you, you may be at risk of burnout or other health issues and it's important that you take action! Start by talking to someone you trust (a colleague, friend, family or community member), or access the support options offered by your workplace that you feel most comfortable with.



www.raise MentalHealth.co.nz/uploads/6/8/8/3/6883838/burnout_signs_and_symptoms.pdf.

In case you missed it

Some of our earlier blogs include resources and suggestions that may be helpful in addressing stress and burnout in your workplace – we recommend:

Manage your energy, not just your time

www.raise MentalHealth.co.nz/manage-your-energy-not-just-your-time

Acceptance and resilience in times of change

www.raise MentalHealth.co.nz/acceptance--resilience-in-times-of-change

The evolving workplace

www.raise MentalHealth.co.nz/the-evolving-workplace

Work-life balance for mental health and wellbeing

www.raise MentalHealth.co.nz/work-life-balance-for-mental-health-and-wellbeing

For more ideas about managing stress and building resilience, take a look through our Resource Library – www.raise MentalHealth.co.nz/resource-library.

RAISE IS HERE TO HELP

If you or someone in your team could do with personalised professional support, don't hesitate to get in touch.

New Zealand – 0800 SELF HELP / 0800 735 343

Fiji – 945 7323

Australia – 1800 735 344

UK - +44 800 112 0443

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www.raise MentalHealth.co.nz

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