

Restoring Healthy Habits When Recovering from Burnout

If you find yourself exhausted and disconnected, it can feel like an overwhelming task to maintain focus, motivation, and self-care. This is called burnout. Experiencing burnout is becoming more common for many people and can make it a struggle to keep up with your well-established healthy habits.

Noticing the signs of burnout in your body is important. Examples of how this can look include:

- neglecting your healthy eating habits
- increasing alcohol or drug consumption
- staying up late to watch TV or engage in gaming
- withdrawing from family and friends and preferring isolation
- procrastinating housekeeping or other chores
- abandoning your favorite hobbies
- disregarding your mindfulness practices
- avoiding regular exercise

While quick fixes and instant gratification can provide relief in the short term, they can exacerbate burnout in the long run. Whatever symptoms you're experiencing, it's important to prioritize self-care. Practicing self-care can increase your resilience, making you better equipped to handle challenges and speed up your recovery. Start small to rebuild healthy habits.

If you've let go of healthy eating practices:

Focus on one meal a day, like having a nutritious breakfast for a week and reevaluate your progress from there. Keep quick items on hand, like roasted vegetables and hard-boiled eggs or tinned fish, that you can put together easily.

If your alcohol or drug use has increased:

Start by monitoring your consumption for a week to gain insights into your habits so you can make effective changes. If you are alcohol-dependent, consult your doctor before abruptly stopping.

If you're staying up late watching TV or gaming:

Gradually cut back by 30 minutes over several weeks until you achieve an optimal bedtime.

If you're withdrawing from family and friendships and preferring isolation:

Your loved ones can provide valuable support and help you feel less drained. Be open and honest about your burnout, and let them know you need either time, space. Get some fresh air and connect with nature. Ask a friend to join you for a walk in a local park.

If you're procrastinating on housework or chores:

Start by tackling one room at a time or focus on a single chore. Set a timer and commit to at least 10 minutes. You may notice that you are able to get done more than you thought and might be motivated to do a bit more.

If you're no longer engaging in hobbies and interests:

Carve out a short period, like an hour or two each week, to participate in the activities that bring you joy.

If mindfulness has disappeared from your life:

Rekindle your mindfulness or meditation practice by using a helpful app or dedicating five minutes in the morning to deep breathing and focusing on your breath.

If you've stopped exercising:

Exercise can boost self-esteem and alleviate burnout-related symptoms. Commit to a brisk walk on three days per week to reestablish a fitness routine.

Remember that self-care is essential in overcoming many of life's challenges, including burnout. Your wellbeing can significantly improve when you prioritize taking care of yourself.

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