

RECOGNIZING AND MANAGING WORK-FROM-HOME BURNOUT

SYMPTOMS



Feeling of detachment and isolation, cynicism, frustration, powerlessness, or even experiencing escape fantasies.



Anxiety, irritability, guilt, and exhaustion/lethargy (both mental and physical).



Inability to focus on tasks (work or personal) with the loss of routine. Eating and sleep patterns disrupted.



Overbearing fear and concern for the health of loved-ones. Potentially prioritizing news consumption over tasks.



Low self-esteem and perhaps onset of imposter syndrome.



Withdrawal from relationships, family, and home obligations.



More reliance on use of alcohol, tobacco or other drugs.



Onset of illness associated with your stress.



ACTIONS YOU CAN TAKE



Forgive yourself, being honest and recognizing your symptoms. You are the priority at the start of your journey to reestablishing self-care.



Set boundaries and schedule your day with resolve. Prioritize your after-work psychological detachment by designating where you will work in core, work hours.



Distract yourself with a joyful activity for set amount of time. This does not have to mean discovering a new activity.



Lean into something comforting and familiar.



Change your scenery and/or exercise.



Visualize a time in the future that will bring you joy



Limit your news and social media intake. Replace with communication with family and/or friends you trust and care about.



Bridge the void and instigate communication with your work team.