

# Emotional burnout syndrome: how to stop, without falling out of the clock? 8 practices that will help

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Sooner or later, the moment comes when you find that life is rapidly rushing by. I want to stop, but you can't, you have ambitious goals. And you continue to run without giving yourself the right to rest.

You feel that they are very tired, but continue to play a successful person, because the truth is successful - externally, and inside the emptiness. Of course, no one notices this void, because you are a good actor.

Fatigue is replaced by irritation. It annoys everything, even what has previously brought joy. It seems to you that you are not able to experience emotions. You are cynical, you have an excellent sense of humor, but jokes are all angry and offend others.

And now the moment comes when success is boring to play. The best time becomes "when everyone is behind." Paradox that when everything is lagging behind, you begin to seem that you do not need anyone. The inner voice says, "You never managed again," "not everything", "Your goals are small," "people are waiting for more from you."

I want to quit, divorce, leave, start first, from scratch. Throw off everything that presses and prevents living. And you even throw, but after a very short time everything is repeated, and you are again in the same train.

And even your body screams that it is tired: frequent diseases, insomnia, no energy. You fall apart with the flu for a whole week.

So the burnout of man proceeds. Emotional burnout is the body's reaction to the long-term impact of professional stress, manifested in mental, physical and psycho-emotional exhaustion.

The feature of the emotional burnout syndrome is that it is easy to hide it. A person can work relatively normally, writing off the individual moments for fatigue. Often close to learn about the problem only in the third or fourth stages.

## Emotional burnout syndrome stages

Some sources allocate more stages, but in this article I will focus on four key.

The first stage is chronic fatigue.

Unlike conventional fatigue, the "burnt" after the rest will remain the same tired.

Work ceases to bring satisfaction.

There is no satisfaction with its results and achievements.

High load, lack of time.

Out of other spheres of life, except for work.

Bad concentration, inattention.

Second stage - irritability and aggression.

Negative response to external events, incontinence.

Irritability is not noticed by the person himself, it seems to him that he behaves fine, but the whole world is against him.

A person can easily break into someone from the environment.

The work does not just do not bring satisfaction, but causes unpleasant emotions.

Low performance and constant anxiety.

Sleepiness and lethargy, disruption of sleep mode.

Detection of relationships with close and colleagues.

Third stage - apathy.

It is characterized by loss of meaning against the background of general chronic fatigue.

A person ceases to respond to problems in communicating with relatives and / or friends, begins to act mechanically.

Often apathy is confused with the state of Zen and tranquility, justifying the words "I began to watch philosophically for everything," but this is not Zen.

The body includes energy saving mode, turning out emotions, in an attempt to keep yourself.

The fourth stage is disgust.

The feeling of the inner emptiness appears, the "burnt" loses himself, immersed in

depression. Emotional burnout leads to the fact that a person breaks, suffers physically and mentally, suicidal thoughts appear.

At the first two stages from emotional burnout, it is possible to get rid relatively easy. If a person reached the third and fourth stage, the exit often lasts for several years, you have to resort to the help of a psychologist.

What if you found the symptoms?

We need a volitional solution and the readiness of a person to work with them in 4 directions.

## 1. Changing installations and priorities in life:

### Installations

Instead of old "I have to do everything," "I should be better than everyone." You need to create new, for example:

I, my body, my mind, my emotions are the most important resource.

You won't be good for everyone.

### Planning

Introduce into the habit to make not only working tasks in the calendar, but also the rest time as a priority direction.

### Analysis of activity

It is necessary to reconsider what you spend your time and add a new hobby to your life, removing unnecessary activity.

## 2. Slow out (often forced) the pace of life:

### Rule 15 minutes per day

Highlight 15 minutes a day - the time you should devote yourself. Reading books, walk, coffee in a cafe, any occupation that will be only for you and on which you (first with the effort of will) will not think about things.

### Mandatory weekend 1 time per week.

The output is not the day when I am going to buy products in the supermarket, not the day when I collect furniture - the day off is the day off. Day when you do just what you want. If you have a family,

then designate this common day and agree that you will do the whole family on this day, and what is not.

Planned vacation 2 times a year

Vacation should be held with the change of the situation, preferably in a quiet and peaceful place without a laptop, with a minimum of contacts for work issues.

### 3. Physical activity and sleep

Daily regime

Without restoring the day of the day, overcoming fire syndrome is almost impossible. Sleep at least 7 hours per day, and preferably 8-9 hours.

Exercise stress

At least 1-2 times a gym or a walk in the outdoor duration of at least one hour.

2-3 times a day Small workouts for 5-10 minutes in the workplace.

### 4. Obtaining support

You will pull back into the usual format of behavior. Qualitative change in life will require 3 to 9 months. Thought, the person closes and reduces communication to a minimum. This is a normal reaction - the body is important to maintain the minimum of energy that is. But you need to overpower yourself and tell those who you trust about your condition. Even the very fact of the conversation can benefit.

Who can give support - first of all your close friends, coach at the first and second stage, and a psychologist on the third and fourth.

But the main thing is prevention, the body needs elementary prophetic, high-quality food and sleep, day mode and one day off per week.

With emotional burnout syndrome, it is encountered sooner or later. In the risk area, residents of large cities, managers, managers, people working in education and social sphere.

If an article attracted you, then you are likely you or your close is now on one of the following stages. Take care of your body carefully as the most important resource. Mark for yourself those measures that will do right now.