Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

Prevent burnout

Burnout is a serious issue in today's fast-paced world.

If you're feeling exhausted, unappreciated or overwhelmed, even though you continue to work hard, you could be headed towards burnout.

The best way to address burnout is to prevent it – because you won't be able to do your best once you get there, and it can take a long time to bounce back.



Notice

Know the early signs



Reprioritize

Get clear about priorities



Learn

Refresh your skills



Recharge

Take your breaks



Connect

Make a point of reaching out



Choose joy

Make life about more than work

Learn more about preventing burnout

Prevent burnout
clwsmh.com/prevent-burnout

Assess your risk for burnout
clwsmh.com/assess-burnout

Burnout response for leaders
clwsmh.com/burnout

Managing stress
clwsmh.com/stress

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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