Burnout Recovery

Six ways to help you rest, reset and rise from liver disease.

March 14, 2022 By Karen Hoyt

Thanks to my dear friend and fellow teacher Katie Pierce for this guest blog!

Burnout is characterized by people with low engagement in things they usually enjoy. It also manifests physically through fatigue and tiredness. However, if it remains unchecked, these burnout symptoms can lead to illnesses like liver disease. Because of the instability of emotions and other factors such as health and environment, hormonal imbalance may also occur.

Burnout can be physical or emotional exhaustion caused by overwhelming demands. It comes gradually when feelings and emotions come unchecked. People who have burned out experience disengagement from things they care about, such as work, studies, or social relationships.

You might feel burned out if:

1. hopeless around your work or life in general

2. not spending energy in doing or caring things

3. nothing makes a difference anymore

What causes burnout?

Burnout is often the result of the feeling that you are doing too much, then not being valued for that. Too much stress and responsibilities promote burnout. Other factors contribute too. Like personality traits, self-management, and lifestyle. Increasing demands from all aspects of your life, especially at work, can trigger burnout.

Ways to Help you Recover from Burnout

The first step in regaining your strength is to acknowledge that you are burned out. Individual problems can be solved on their own, but burnout is the combination of all of them and can engulf you if you do not make ways to manage it.

Rest

* Give what your body wants

* Promote good self-care

Reset

* Recognize things you can change

* Restore control

* Foster work-life balance

Rise

* Self-compassion

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