

WHAT CAUSES BURNOUT?

Find out what's behind the feelings of exhaustion and overwhelm that just won't go away.



excessive work demands

Long hours, high pressure and persistent stress cause burnout, especially in highly competitive or ego-driven environments.
Try to: Focus on one goal at a time, and speak up if you have too much to do.



social isolation and loneliness

Lacking solid social connections and a sense of belonging can increase stress and vulnerability to burnout.
Try to: Schedule face-to-face encounters with people you admire.



decision paralysis

Decision paralysis is the overwhelming number of choices that make it difficult to decide on anything.
Try to: Come up with a process for making decisions, and don't sweat the small stuff.



erosion of boundaries

Being able to get whatever you want, whenever you want it, can lead to compulsive scrolling.
Try to: Place limits around the times when you shop online.



pleasure hijacked for content

The joy of authentic experiences can be overshadowed by curating them for online approval.
Try to: Focus on the moment, not the post or the reaction to it.



constant decision making

Burnout can be fueled by the relentless barrage of options, which depletes mental resources.
Try to: Find time to be away from devices that distract and overwhelm you.



absence of meaning or purpose

Engaging in meaningful work, hobbies or personal pursuits can act as a buffer against burnout.
Try to: Do something you love, every day, no matter how small.



the allure of doom scrolling

Scrolling endlessly through negative news and content, often called "doom scrolling," can be extremely draining.
Try to: Recognise when you are doom scrolling and focus on positive content instead.



financial strain

The chronic burden of financial worries and instability can significantly impact mental and emotional well-being.
Try to: Create a budget and cut out unnecessary expenses.



unhealthy coping mechanisms

Bad habits like vaping or drinking may provide short-term relief but they often make things worse in the long term.
Try to: Speak to a health professional if your vices are out of control.



When it comes to burnout, **prevention is better than cure.** Be aware of the habits that can lead to this condition and speak to a doctor if you're worried they are affecting your daily life.