

DECODING BURNOUT: CAN YOU FIND THE WORDS?

Hey there! Are you feeling tired, overwhelmed, or just plain burnt out? You're not alone.

Burnout is a common problem that affects people from all walks of life, whether you're a busy executive, a stay-at-home parent, or a student juggling multiple responsibilities.

It can leave you feeling exhausted, unmotivated, and disconnected from the things you used to enjoy. But don't worry, there are steps you can take to decode burnout and prevent it from taking over your life.



In this worksheet, we'll explore some key terms and strategies for managing burnout and maintaining your well-being.

So grab a pencil and get ready to solve the puzzle of burnout!

PS: The answer key is given below. But... no sneaking up!

Here are some hints:

1. A physical and emotional exhaustion that can be caused by chronic stress and overwork.
2. The opposite of burnout; feeling energised, motivated, and fulfilled.
3. A type of self-care that involves unplugging from technology and taking time to be alone.
4. A state of mind that involves being present at the moment and not worrying about the past or future.
5. The feeling of being overwhelmed and unable to accomplish tasks.

6. A type of self-care that involves nourishing your body with healthy food and exercise.

7. A strategy for managing stress that involves breaking tasks into smaller, more manageable pieces.

8. A type of self-care that involves doing something you enjoy, just for the sake of enjoyment.

9. A technique for managing stress that involves taking slow, deep breaths and focusing on the present moment.

10. A feeling of detachment or cynicism that can result from chronic stress and overwork.

Z W Z S O L I T U D E Q F D S E O H
V C I Q B R E A T H I N G X D N L O
Z H Q K P L E A S U R E G G N G W P
C U V K E Y F V C D V X Q A V A W T
L N M Z N O V E R W H E L M A G N Y
X K D G N O U R I S H M E N T E Q Z
O I R M R C L W Y F U N N T N M P P
V N I R D E T A C H M E N T I E D J
P G B I W M L T P M M Q A R F N O X
G N M I N D F U L N E S S O J T E W
B U R N O U T X Y Y H S H G J C B Q
J Z W E U K R M N Y F Z G K Y V L Z

Answer Key:

1. Burnout -

A state of physical and emotional exhaustion that can result from chronic stress and overwork.

Burnout can affect anyone, whether you're a high-achieving executive or a stay-at-home parent.

Want to know if you're burned out? We've got a simple assessment that will help you assess your level of burnout. [Click here to try it out for yourself.](#)

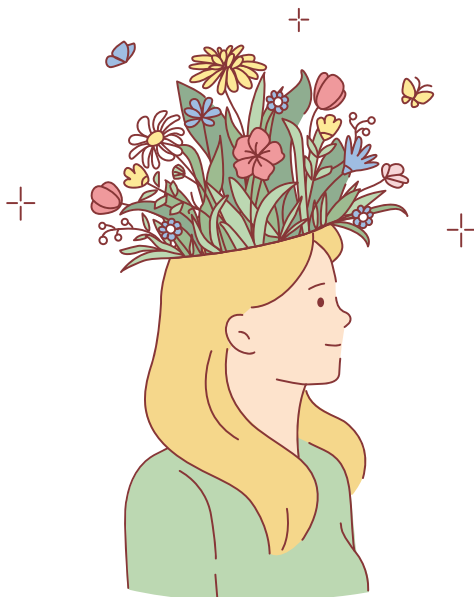


2. Engagement -

It refers to a state of mind where you feel energised, motivated, and fulfilled. When you're engaged, you're fully present in the moment and enjoy what you're doing.

3. Solitude -

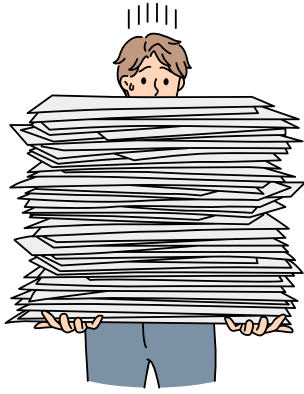
Solitude is a type of self-care that involves taking a break from technology and taking time to be alone. Solitude can help you recharge and reflect on your thoughts and feelings.



4. Mindfulness -

Mindfulness is the state of mind where you're fully present in the moment and not distracted by thoughts of the past or future. Mindfulness can help you reduce stress and anxiety and improve your overall well-being.

If you're looking to be a little more mindful in your everyday life, we've got you! Our Care Space has a dedicated set of resources that will help you understand mindfulness while helping you practise it in your daily life, too.



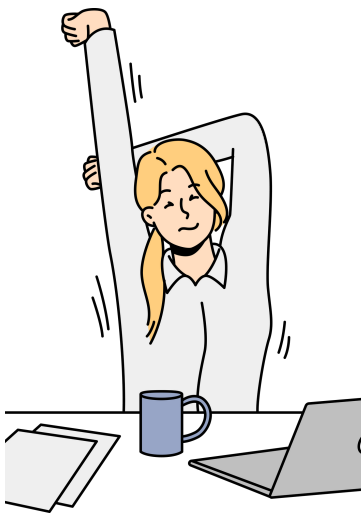
5. Overwhelm -
'Overwhelm' is the feeling of being swamped or unable to accomplish tasks.

It can be a symptom of burnout and can make it difficult to get things done.



6. Nourishment -

A type of self-care that involves taking care of your physical body by eating healthy food and getting exercise because after all - you are what you eat!



7. Chunking - Ever wondered how you remembered your best friend's landline number by heart when you were a little child? Well, it was through chunking.

Chunking is a strategy for managing stress that involves breaking tasks into smaller, more manageable pieces. It can help you feel less overwhelmed and more in control. For example, if you have a big project to complete, you might break it down into smaller tasks and tackle one at a time.

8. Pleasure -

A type of self-care that involves doing something you enjoy just for the sake of enjoyment. Pleasure can help you feel more fulfilled and relaxed. For example, you might find pleasure in gardening, playing music, or spending time with loved ones.

9. Breathing -

A technique for managing stress that involves taking slow, deep breaths and focusing on the present moment. Breathing exercises can help you feel more calm and centred.

We've got a lot of resources on breathing techniques in this Care Space, keep exploring and keep bettering your mental health



10. Detachment -

Ever felt like you just don't want to engage with anyone or anything after long hours of work?

Feeling this feeling for a prolonged time? Maybe, you're feeling detached. **The feeling of cynicism or detachment can result from chronic stress and overwork.** Often, detachment can make it difficult to connect with others and can lead to feelings of loneliness and isolation.



Remember, burnout can be a serious problem, so it's important to take steps to prevent it. By practising self-care and stress management techniques, you can maintain your well-being and avoid burnout.

While burnout can be challenging to deal with, it can be easier to manage with awareness, healthy boundaries, and nurturing your mental health.

To learn more about dealing with burnout effectively, head to our next worksheet on Coping with Burnout!

If you, or someone you know is looking to seek professional help, reach out to us at [The Mood Space](https://www.themoodspace.com/getstarted) <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.