

BURNOUT PROOF YOUR BUSINESS

Burnout doesn't have to be inevitable in your business - even if you've experienced burnout before or feel like you are at risk in the future.

You can do business in a way that actually works for you, your capacity and your needs.

Burnout Risk Check

While burnout is not a diagnosable condition there are some factors that increase your risk. Having one or more risk factors is an opportunity to be aware not alarmed.

Which of the following apply to you:

- heavy workload and/or long hours
- prioritisation of work over other areas of life
- helping professions, such as health care
- lack or perceived lack autonomy over work
- previous burnout experience

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Signs & symptoms of burnout

You don't have to wait until you are in burnout to take action to mitigate it in your business AND it's good to be aware of where you are currently. Take a moment to check in with yourself, your capacity and your mental wellbeing. The following list of signs might support some curiosity and reflection:

- Feelings of energy depletion or exhaustion
- Feelings of overwhelm
- Difficulty concentrating
- Feeling uncharacteristically irritable or cynical
- Feeling a lack of satisfaction from your achievements
- Reduced productivity or efficacy
- Changed sleep habits
- Unexplained physical symptoms such as headaches, stomach or bowel problems
- Reduced enjoyment in things you usually like doing

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What are your burnout 'red flags' to be aware of?

Where might you need further support, both formal and informal?

What's one action you could take today to burnout proof your business?

**Further Resources to support reflection and change.
Some podcast episodes that may feel supportive:**

[Finding your values](#) Dietitian Values Podcast Ep 49

[Burnout and Values](#) Dietitian Values Podcast Ep 59

[Whose Values](#) Dietitian Values Pod Ep 9

Let's Connect

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