



# **BUILD RESILIENCY TO AVOID BURNOUT**

**Do you ever find yourself feeling exhausted, having trouble concentrating, or feeling irritable or emotionally detached from your work?**

If so, there's a chance you're experiencing burnout. Burnout happens when you feel significant levels of added work-related stress. It's a fairly common phenomenon but the good news is, by learning effective strategies to build resiliency, you can navigate stressors more easily and, ultimately, ward off burnout altogether.

# Here are **five** simple strategies to help you build personal resiliency



## 1. MAINTAIN AND STRENGTHEN SOCIAL CONNECTIONS

Both at work and outside work – it increases your sense of wellness.

## 2. NURTURE OPTIMISM

Look for positives in daily experiences. Current stressors are temporary. Move through a stressful situation with a “can-do” attitude.

## 3. PRACTICE SELF-CARE

Take time to nurture yourself, away from work and stressors. Concentrate on improved lifestyle behaviors like sleep, healthy eating, physical activity, hydration, and meditation or mindfulness.

## 4. WORK TO DEVELOP A PURPOSE-DRIVEN LIFE

Try to identify what is meaningful to you and what you’d like to see more of in your own self-identity – for example, giving more to others, having a stronger connection to your family members, spending more time in nature, or nurturing spiritual health.

## 5. EMBRACE POSITIVE PSYCHOLOGY

Identify reasons for gratitude. Try to notice things like the quality of sunshine, the sounds around you, and the smells around you. Savoring the moment and being mindful is a great way to find joy in everyday things.



ThriveWell<sup>SM</sup>, our wellbeing program administered by Personify Health, offers resources from meditation content to wellbeing topics like mindful eating or nighttime anxiety. These resources are here to support your mental and emotional health journey. To see if your Excellus BlueCross BlueShield health plan includes ThriveWell, log in to [ExcellusBCBS.com/login](https://ExcellusBCBS.com/login).

**When we all make building personal resiliency a top priority, EVERYBODY BENEFITS**

**Visit [ExcellusBCBS.com](https://ExcellusBCBS.com) for more health and wellness resources.**



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ATENCIÓN: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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