

# Experiencing burnout? Follow these steps to prioritise your mental health...



**A mentally healthy workplace is essential for everyone.**

Burnout develops gradually and can take hold before you notice. If you're experiencing signs of burnout, prioritise self-care. Taking steps to recharge and

restore balance can greatly improve your wellbeing and performance.

Mental Health UK's PAUSE strategy offers practical self-care steps to help prevent and overcome burnout. It may also help to talk to someone you trust for support.

- P** **Pause**  
Take time out from the situation – stepping away from stressors will help create a much needed break and space to consider next steps.
- A** **Assess**  
your feelings and thoughts by reflecting – acknowledge assumptions and look at factors contributing to burnout from different perspectives.
- U** **Unwind**  
Do something you feel restorative and relaxing – helping you to regain balance, mindfulness, and resilience.
- S** **Solutions**  
Explore the options available to you within the situation – proactively change, challenge, or control aspects within your power.
- E** **Evaluate**  
how effective your solutions have been – what has improved and what needs to change further to avoid burnout in future?

If you or a colleague are facing burnout, reach out to your manager, HR, or a healthcare professional for guidance and support.

Ignoring burnout can lead to chronic health issues, so it's vital to seek support and regain a healthy work-life balance.



**Visit Mental Health UK's website  
for more info or scan the QR  
[mentalhealth-uk.org/burnout](https://mentalhealth-uk.org/burnout)**

