

Keeping Our **STAFF** Healthy & Well

JULY 2020 // WEEK 4 // PAGE 1

Tips for Burnout Prevention

If constant stress has you feeling helpless, disillusioned, and completely exhausted, you may be on the road to burnout. Learn what you can do to regain your balance and feel positive and hopeful again. Tips provided by www.helpguide.org

WHAT IS BURNOUT?

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. Burnout happens when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose interest and motivation.

ARE YOU ON THE ROAD TO BURNOUT?

You may be on the road to burnout if:

- Everyday is a bad day
- Caring about your work or home life seems like a total waste of energy.
- You're exhausted all the time.
- The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated.

SIGNS AND SYMPTOMS OF BURNOUT

Most of us have days when we feel helpless, overloaded, or unappreciated, if you feel like this most of the time, you may be burned out. Burnout happens gradually, and does not happen overnight. The signs and symptoms are subtle at first, but become worse as time goes on. If you pay attention and actively reduce your stress, you can prevent a major breakdown.

Physical signs and symptoms of burnout:

- Feeling tired or drained
- Frequent illness
- Frequent headaches or muscle pain
- Change in appetite or sleep habits

Emotional signs and symptoms of burnout:

- Sense of failure or self-doubt
- Feeling alone in the world
- Loss of motivation
- Feeling helpless, trapped, & defeated
- Increased cynical and negative outlook
- Decreased satisfaction and sense of accomplishment

Behavioural signs and symptoms of burnout:

- Isolating yourself from others
- Procrastinating
- Using food, drugs, or alcohol to cope
- Withdrawing from responsibilities
- Taking out your frustrations on others
- Skipping work or coming in late and leaving early

To learn more about the causes of burnout and the difference between stress and burnout, click on this link or go to:

<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>

TIME TO ACT!

Whether you recognize the warning signs or you're already burned out, ignoring it will only cause further damage. **Now is the time** to pause and change direction. Help yourself overcome burnout and feel healthy and positive again. Dealing with burnout requires the "Three R" approach:

- **Recognize** - Watch for the warning signs of burnout.
- **Reverse** - Undo the damage by seeking support and managing stress.
- **Resilience** - Build your resilience to stress by taking care of your physical and emotional health.

TO DEAL WITH BURNOUT, TURN TO OTHER PEOPLE

You have a lot more control over stress than you may think. There are positive ways you can take to deal with overwhelming stress and get your life back to balance. One of the most effective steps is to reach out to others. They don't have to be able to fix your stressors, but should be someone who can be a good listener without judgement.

- **Reach out** to those closest to you.
- **Be more** sociable with your coworkers.
- **Limit** your contact with negative people.
- **Connect** with a cause or community group that is meaningful to you.
- **Find** new friends if you don't feel you have anyone to turn to.

REFRAME THE WAY YOU LOOK AT WORK

Think about what it was that made you want to work. Think about why you loved your work. Think about what you can do to help you reframe how you feel about your work.

- **Try to find some value in your work** - focus on what you enjoy.
- **Find balance in your life** - focus on parts of your life that bring you joy.
- **Make friends at work** - having strong ties can help reduce burnout.
- **Take time off** - use those vacation days to take a complete break.

LEARN OTHER TOOLS THAT WILL HELP:

- Reevaluate priorities
- Boost your ability to stay on task
- Make exercise a priority
- Support your mood and energy levels by eating a healthy diet

<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>

Someone is always here for you

Text4Hope: Text COVID19HOPE to 393939

KTC Counselling Services: Contact Health Centre

AHS Mental Health Line: 1-877-303-2642

First Nations Inuit Hope for Wellness: 1-855-242-3310 (24 hours)



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for available supports.

Keeping Our **STAFF** Healthy & Well

JULY 2020 // WEEK 4 // PAGE 2

Staff Activities

Did you **KNOW**

YOU CAN HEAR A BLUE WHALE'S HEARTBEAT OVER 2 MILES AWAY

The world's largest animal's heart weighs about 400 pounds — approximately the size of a small piano. Check out this link of Amazing Whale Facts and Photos that prove just how majestic they are: <https://www.goodhousekeeping.com/life/travel/g22117242/whale-facts-photos/>

STAFF SHARE OF THE WEEK

**How are you enjoying your summer safely?
Share your tips and ideas with other staff**

MEET THE STAFF



Meet Lori G. Anderson, Home Visitation Program Advisor, KTC Children's Health Team

Before coming to KTC Health, Lori was with KTC CFS for 10 years. She is excited to start this new career as it is something new and different for her. Lori has 3 children, and 2 grandsons. She enjoys planning family functions and spending time with friends. Lori golfs whenever she has the chance, she has only been out once this year because of too much rain and hopes that changes soon. She looks forward to meeting all the staff of KTC Health.

As the Home Visitation Program Advisor, Lori will be mentoring, coaching and providing support to the Home Visitors working with young families in Loon River, Whitefish Lake #459, Woodland Cree, Sucker Creek, Driftpile Cree & Swan River First Nations.

SOOTHING THAT SUMMERTIME SUNBURN

Some sunburns can be dangerous. Contact your doctor immediately if you have blisters, severe pain, are lethargic, or have a fever.

For mild sunburns here are some natural tips to help sooth that burn.

ICE CUBE TRAY AS SUNBURN SOOTHER:

Freeze cubes of Aloe Vera for instant sunburn relief.

COOL WATER

Cool (but not too cold) bath, shower or moist towels takes away the heat and pain.

HONEY

Studies suggest that honey helps speed up the healing, reduces infection, and minimizes pain. Don't use on kids under 1 years of age.

OATMEAL

Finely ground oatmeal works as an anti-inflammatory when mixed with bathwater.

MILK

Place a washcloth or cotton gauze soaked in cool milk on the sunburn area to create a protein film that eases discomfort and reduces heat.

BAKING SODA OR CORNSTARCH

Soaking in bathwater mixed with baking soda or cornstarch can relieve inflammation and itching.

For more ideas check out source at:

<https://www.parents.com/kids/safety/outdoor/sunburn-remedies/>

SUMMER RECIPE OF THE WEEK

Submitted by Veronica Thunder

Banana Bread

Ingredients:

- 2-1/4 cups of Flour
- 1 Tbsp of Baking Powder
- 1/2 tsp of Salt
- 1/2 tsp of Nutmeg
- 2 Tbsp of Margarine or Butter
- 1/2 cup of Sugar
- 1 large Egg
- 1/4 cup of Skim Milk
- 3 small Bananas
- 1/2 cup of Raisins
- 1/4 cup of chopped Walnuts or Pecans



Instructions:

1. Mix flour with baking powder, salt and nutmeg in a medium bowl.
2. In a large bowl, cream margarine and sugar with a wooden spoon. Beat in egg and milk until smooth.
3. In a small bowl, mash bananas with a fork.
4. Add mashed bananas and the flour mixture to the large bowl, and stir together. Then add the nuts and raisins.
5. Scrape into a lightly greased 9x5 inch loaf pan and bake for 1 hour at 350 F, until knife inserted in the center comes out clean. Let cool in the pan, then remove and cut into 12 slices.



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