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# Winning@Wellness

## How to Recognize BURNOUT Before You're Burned Out

Occupational burnout goes beyond needing a simple vacation or a family retreat. Biologically we are not meant to be in a high-stress mode all the time. Dealing long-term with common work stressors can manifest in outbursts against co-workers, violence or anger toward loved ones at home, loss of appetite and passion for things once loved, or being unable to find motivation for things that you were able to accomplish tasks with ease.

**Signs of Burnout to Watch For**

- Feeling emotionally drained and mentally unwell.
- Nausea.
- Being unable to sleep or constantly fighting sicknesses like head colds.
- Feeling alienated by your colleagues and bosses, feeling constantly underappreciated, or feeling disliked by them.
- Feeling you are not personally achieving your best, or regularly "phoning it in."

**Ways to Combat Burnout at Work**

If you're suffering from burnout at work, or if any of those symptoms sound familiar to you, there are a few things you can do now, before you get some time off to recover. (Although you should definitely consider some time off to recover, if you can.)

- Use focused breathing, which can tap into your parasympathetic nervous system to help you reduce or manage stress.
- Take frequent breaks, preferably five-minute breaks for every 20 minutes spent on a single task, or sitting at your desk.
- Create a pleasing and comfortable work space using ergonomic chairs and desks, try using a sit-stand arrangement, or put a small plant in your office space.
- Find a trusted mentor at work with whom you can discuss and strategize other ways to deal with work-related issues.
- Have a hobby outside of work through which you can decompress, de-stress and dissociate from work. It doesn't have to be anything specific, but regular exercise or another fitness activity works wonders here, and has benefits beyond stress relief.

If you have the ability to work remotely, that may also be a great way to reduce work-related stress. But broadly speaking, it is the human connection that's most effective at combating burnout. Aside from good diet, exercise and sleep, there's one surefire way to combat general malaise, job dissatisfaction, low morale and burnout—laughter. Find some humor in daily life.

More tips can be found at Psychology Today

*Source:* NY Times

**We know that addiction is a disease that affects both the brain and behavior.**

**Test your knowledge by taking the interactive National Drug & Alcohol IQ Challenge quiz!**

**Have a substance abuse problem—need help?**

NATIONAL DRUG & ALCOHOL FACTS WEEK
SHATTER THE MYTHS

# The Benefits of Standing vs Sitting

**Disease Prevention**
Incorporating more movement and standing into your day helps your body normalize blood sugar levels and reduce your risk of chronic illness by as much as 147%.

**Improved Circulation**
When standing with the correct posture, your chest is open and your lungs have greater deep breathing capacity, increasing the amount of oxygen in your blood.

**Energy & Metabolism**
Introducing short intervals of movement and standing into your workday, improves blood flow, boosts metabolism and helps burn fat.

**Productivity & Alertness**
When you stand and move, blood flow to your brain increases, stimulating brain function and helping you maintain your concentration.

*Source: LinkedIn.* *More info at: Healthline*

## Put your Heart Health First

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. For ideas about small changes you can make please go to: https://www.cdc.gov/features/heartmonth/index.html

## Avocados are Full of Healthy Fats

Try one of these quick ideas to add avocado to your meals.

- Top toast with lean meat and sliced avocado
- Add avocado in your morning smoothie
- Stretch your favorite salad dressing by blending in avocado or add dice pieces on top of your salad
- Add to sandwiches and soups—its mild flavor adds creaminess to anything

*Source: https://www.cdc.gov/features/national-nutrition-month/index.html?permalink=8645255*

## My Health Goals

Change can be difficult and having specific goals can help you stay on track and motivate you to make important lifestyle changes. Remember to talk to your healthcare providers about your goals. Use the tips below to help set health goals that are personal to you

### Tips for Goal Setting

- ☑ Set goals that matter to you and are realistic
- ☑ Set short-term goals (example: what you can do this week, month)
- ☑ Set long-term goals (example: what you want to accomplish by next year)
- ☑ Write down your goals, review them with your health care provider
- ☑ Set new goals as you achieve past ones