5 Ways to Beat Work-from-Home Burnout

If you're working remotely during the COVID-19 pandemic and feeling burnt out, you're not alone. According to a survey by Monster, an online employment platform, 69% of remote employees are experiencing burnout.

What is burnout?

According to the World Health Organization, you may have burnout if you experience:

Increased exhaustion or energy depletion	Decreased engagement	Increased feelings of job-related negativity or cynicism	Reduced productivity or efficacy

How to Prevent Work-from-Home Burnout

There's good news—there are strategies you can use to reduce your overall stress and risk of burnout while you're working from home:

1. **Create a schedule—**Set a schedule that works for you—and your family, if they're home too—and only work the hours you normally would if you were in the office.

2. **Plan and prioritize—**When you're feeling stressed out, don't panic. Make a list of the tasks you need to complete, and set realistic deadlines.

3. **Focus on what you can control—**Stressing out about the pandemic, the news and your household mental load can add to your workplace stress. Take a deep breath and focus on the tasks you can control.

4. **Use available mental health resources—**Many employers have expanded their mental health resources, including employee assistance plans, telemental health coverage and discounted or free virtual counseling to help employees cope with the stresses of pandemic life.

5. **Ask for help—**Sometimes the best way to overcome your workplace stress is to ask your peers or superiors for help.

What can I do if I think I'm experiencing burnout?

If you feel like you're burned out, remember that you're not alone. Reach out to your supervisor or manager to talk about how you're feeling and ask about workplace resources that may be available.

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