

# Burnout Diaries: How Work Stress Almost Killed Me

I never thought it would happen to me. I was always the one who was organized, efficient, and on top of things. But after years of working long hours in a high-pressure job, I started to feel overwhelmed and exhausted. I couldn't sleep, I lost my appetite, and I was constantly irritable. I was burnt out.



## Burnout Diaries: How Work Stress Almost Killed Me

by Janna Donovan

★★★★☆ 4.8 out of 5

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At first, I tried to ignore the symptoms. I told myself that I was just tired and that I needed to push through. But the more I tried to ignore it, the worse it got. Eventually, I reached a breaking point. I had a panic attack at work and was rushed to the hospital.

The doctors told me that I was suffering from burnout. They said that I needed to take some time off work to recover. I was reluctant at first, but I

knew that I couldn't go on like this. I took a leave of absence from my job and started to focus on my recovery.

It wasn't easy. I had to learn how to relax and take care of myself. I had to learn how to set boundaries and say no to things that I didn't have time for. I had to learn how to forgive myself for not being perfect.

But slowly and surely, I started to feel better. I started sleeping better, I started eating better, and I started feeling more like myself again. I realized that burnout is a real thing, and that it can happen to anyone. I also realized that it's important to take care of yourself, both physically and mentally.

I'm sharing my story in the hopes that it will help others who are struggling with burnout. I want people to know that they're not alone, and that there is hope. If you're feeling overwhelmed and exhausted, please know that you're not alone. There is help available, and you can recover.

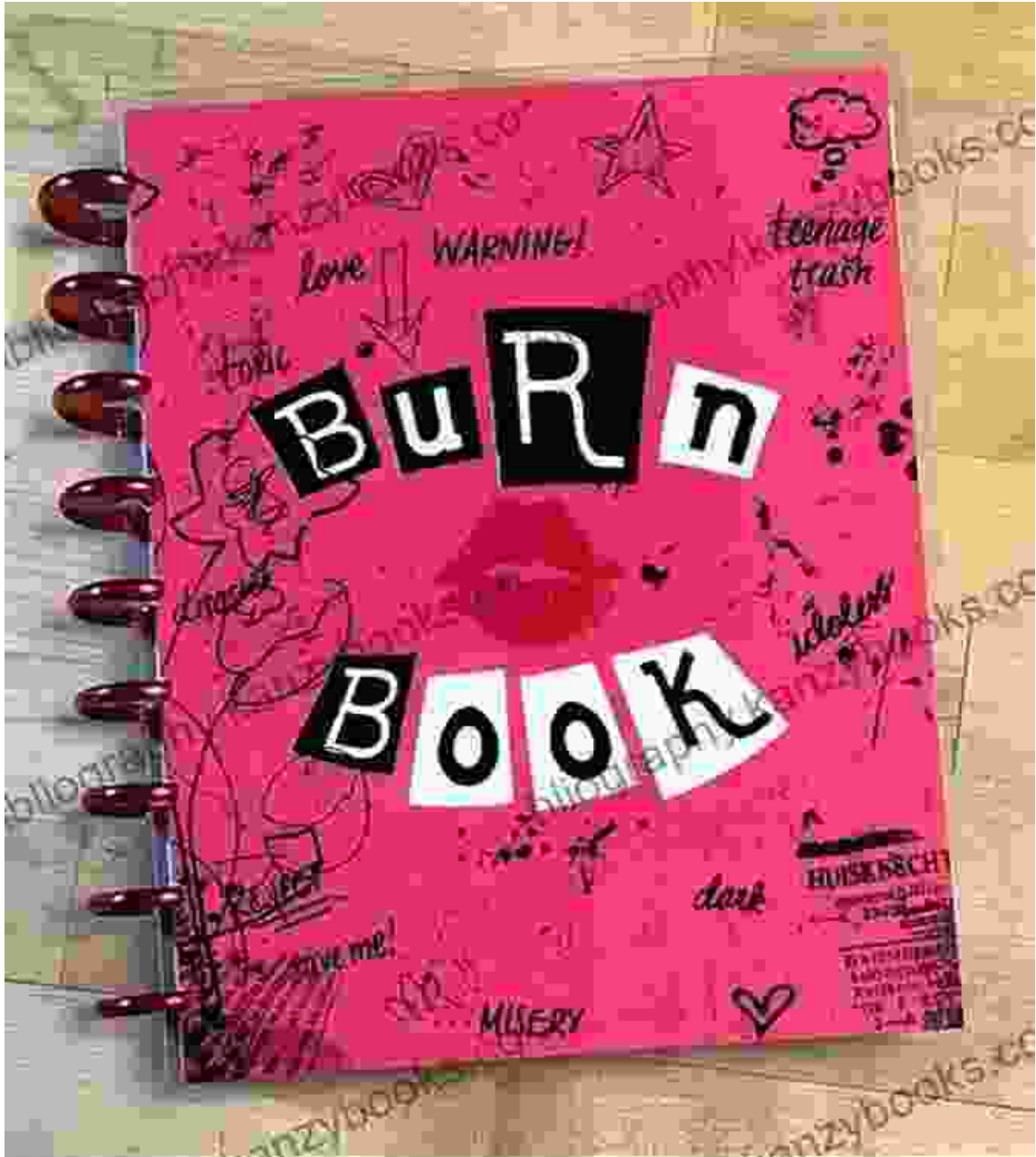
### **Here are some tips for preventing and recovering from burnout:**

- **Set boundaries.** Learn to say no to things that you don't have time for. It's okay to put yourself first.
- **Take breaks.** Get up and move around every hour or so. Take a few minutes to clear your head and refocus.
- **Delegate.** Don't try to do everything yourself. Ask for help from your colleagues, friends, or family.
- **Take care of yourself.** Eat healthy foods, get enough sleep, and exercise regularly. These things will help you stay healthy and strong.

- **Learn to relax.** Find activities that help you relax and de-stress. This could include reading, listening to music, or spending time in nature.
- **Talk to someone.** If you're feeling overwhelmed, talk to a friend, family member, therapist, or other trusted person. Talking about your feelings can help you process them and find solutions.

Burnout is a serious problem, but it's one that can be overcome. By following these tips, you can prevent and recover from burnout and live a healthier, happier life.

If you are struggling with burnout, please know that you are not alone. There is help available, and you can recover. Please take care of yourself.



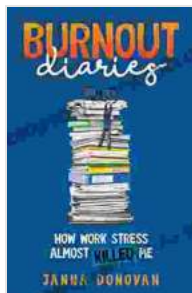
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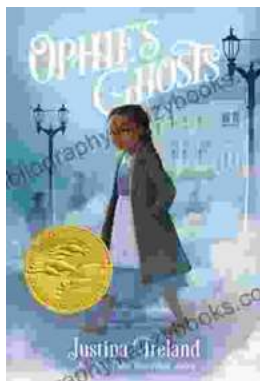


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