

# Bye bye burnout



Empowering people and communities to enrich Western Australia © 2023



## Outcomes of today's session:

- The difference between stress and burnout
- Signs to look out for
- Key factors which contribute to burnout
- What will happen if we fail to address burnout
- How we can prevent burnout from happening





# What's the difference

## Stress



Anxious, moody,  
guilty

Fatigue

Loses hope and  
motivation

Dissatisfaction

Commitment has  
dropped

v.

## Burnout



Hypertensive, mental  
depressed, impatient  
and irritable

Chronic exhaustion

Loses physical energy

Boredom

Mentally detached

# Stress and burnout can happen to anyone

---

- Physical, mental or emotional exhaustion
- It can zap the joy out of career, friendships and social interactions

**Are either easy to spot?**





# Who is prone of stress and burnout?

---

**Anyone**, but....are we able to recognise the signs?

**What do you think those signs may be?**



# Signs of Stress

- Feeling overwhelmed or unable to cope
- feeling 'on edge' or unable to stop worrying
- changes in sleep patterns, feeling exhausted
- Changes in appetite
- physical reactions such as headaches, muscle tension, upset stomach
- difficulty concentrating
- changes in mood, irritability or anger
- withdrawal from friends and family
- reliance on other methods to cope

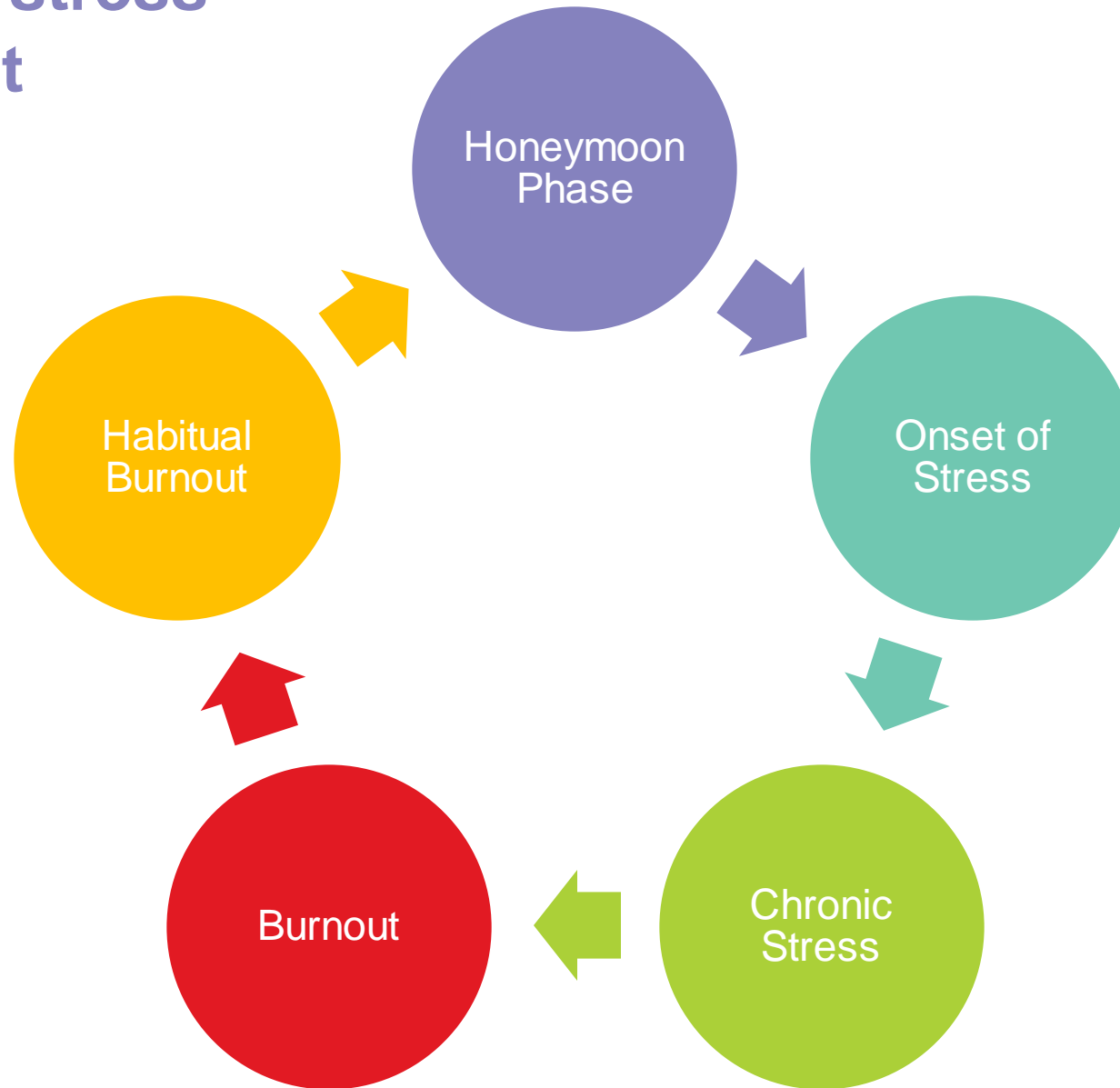
# Signs of burnout

Physical/emotional exhaustion	Cynicism and detachment	Feeling ineffective
<ul style="list-style-type: none"><li>• Chronic fatigue</li><li>• Insomnia</li><li>• Forgetfulness</li><li>• Increased illnesses</li><li>• Loss of appetite</li><li>• Anxiety</li><li>• Anger</li></ul>	<ul style="list-style-type: none"><li>• Loss of enjoyment</li><li>• Pessimism</li><li>• Isolation</li></ul>	<ul style="list-style-type: none"><li>• Lack of productivity</li><li>• Feeling apathy</li><li>• Feeling of hopelessness</li><li>• Increased irritability</li></ul>

Table 1: modified source from [The Tell Tale Signs of Burnout...do you have them?](#)



# 5 Stages of stress and burnout



# How to prevent burnout

---

- Build engagement
- Communicate – open feedback channels
- Manage expectations
- Plan ahead
- Start small
- Training
- Set boundaries
- Schedule regular check-ins
- Prioritise self-care
- Be as flexible as possible
- Diversify activities
- Have a buddy system
- Celebrate achievements
- Say No!

# What's next for you?

**B**e as flexible as possible

**U**pskill others

**R**ecognise the signs and signals

**N**ominate people for roles

**O**k to say NO

**U**nwind

**T**ake time to recharge



you can do  
anything  
but not  
everything

[www.volunteeringwa.org.au](http://www.volunteeringwa.org.au)

**Contact Training:**

[training@volunteeringwa.org.au](mailto:training@volunteeringwa.org.au)

**contact:** volunteer management queries

[viohelp@volunteeringwa.org.au](mailto:viohelp@volunteeringwa.org.au)

