

Break out of burnout

Feeling burned out or overwhelmed from time to time is natural. We all experience setbacks in life, and we can generally bounce back from them. But after two years of a pandemic, coupled with traumatic social events and recent economic challenges, many of us don't have the resilience we once did.

You're not alone



61% of remote workers and **53%** of onsite workers now find it more difficult to unplug from work during off-hours.



75% of workers have experienced burnout.



68% of working moms sought out mental health treatment during the pandemic.

But we don't have to feel this way forever. By taking time to step back and refocus, or perhaps by making a move in a new direction, we can get back on track with a fresh outlook. We've pulled together a few ideas. Challenge yourself to pick one or two to try.

Focus on you



Take a break from work during lunch.



Go for a 5- to 10-minute walk to clear your mind or think things through.



Make time for what interests you. Try learning something new or exploring a place you haven't been.



Share your skills by volunteering, either virtually or in person.



Spend more time on what you enjoy. Locate household help using your free access to [Sittercity](#), or try a discounted meal delivery service through [Beneplace](#).



Download the free Happify app. Using its science-based games and activities for a few minutes each week may help you start feeling more like yourself.



Connect with a supportive online community 24/7 through [iPrevail](#).



Visit the Resilience Hub for more ideas to improve your physical, financial, emotional, and mental well-being.

We're all in this together

Your outlook affects how you see the world, and it can affect those around you. Build your support system of friends, family, and colleagues who can share your well-being journey. Including others can help you change your perspective, focus on the positives in your life, and keep you on track.

Need a higher level of support? There are resources and benefits to help.

- Reach out to one of our [ABLE Advocates](#), colleagues who have been trained to provide confidential support.
- Connect with a licensed therapist anytime, anywhere using [Talkspace](#).
- Locate mental health providers, and schedule in-person or virtual appointments through [Confide/EAP](#).



Visit benefits.baesystems.com to learn more about our health and well-being resources.

Sources for reference:
Indeed.com: Employee burnout report
Flexjobs: Mental health in the workplace survey
Benefitnews.com: Spikes in anxiety, depression are hurting working moms