



Avoiding Burnout

Hey FIERCE Mother,

This week we are discussing the topic of burnout.

Being a mother is one of the most rewarding experiences in life, but it can also be incredibly challenging. With so many responsibilities to juggle, many mothers experience burnout.

In today's fast-paced world, it's easy to fall into the trap of overworking and neglecting self-care. However, it's essential to recognize the signs of burnout and take steps to prevent it before it takes a toll on your well-being.

Definition of Burnout

Burnout is a state of physical, emotional, and mental exhaustion caused by long-term, unrelenting stress. It can leave you feeling drained, irritable, and unmotivated. As a mother, it's essential to recognize the signs of burnout and take steps to avoid it.

Symptoms of Burnout

What are some of the signs to watch out for that indicate that, if left unattended, it could lead to burnout?

A paper by [Better Up](#) helps us identify the signs of burnout. Here are three of the symptoms of burnout.

1. **Feeling emotionally exhausted** - This could be due to working with other people daily requiring high emotional energy.
2. **Physical symptoms** - Some people experience burnout in the form of purely physical symptoms. High stress causes cortisol levels to soar, triggering physical symptoms such as Headaches, Digestive complications, Muscle tension, and High blood pressure
3. **Lower productivity** - If you notice an uncharacteristic dip in work performance, you may be experiencing a case of burnout.

Burnout Recovery

What should you do if you are experiencing burnout? There are steps you can take to overcome it:

1. **Seek support:** Reach out to friends, family, or a therapist. Talking about your feelings can help you process them and develop coping strategies.
2. **Practice self-compassion:** Be kind to yourself and avoid self-judgment. Remember that burnout is common and not a reflection of your worth or abilities.
3. **Take time off:** Consider taking a break to prioritize your well-being. You could take time off for a few days or longer, depending on your needs.

Remember, preventing burnout is a proactive process that requires effort and self-awareness. By prioritizing self-care and seeking support, you can avoid burnout and cultivate a healthier, more fulfilling life.

Does this help? Please do let me know. I would love to hear from you about your journey with selling. You can reach me at ugochi@fiercemothers.com.

Stay FIERCE and take care of yourself. I love you,

Ugochi

PS > On today's FIERCE Mothers Solo Session, I am continuing the discussion on burnout. I will discuss how to identify the symptoms and what to do when burnout rears its ugly head.

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