

PREVENTING AND DETECTING OCCUPATIONAL BURNOUT IN A PANDEMIC CONTEXT



Indigenous Services
Canada



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

The following is a list of symptoms that can be associated with occupational burnout. Be vigilant for yourself and your colleagues.

PHYSICAL SYMPTOMS

- Persistent fatigue
- Pain (depending on the individual): back pain, muscle pain, migraines, etc.
- Digestive problems
- Sleep disturbances
- Urticaria, hair loss
- Weight loss or gain

PSYCHOLOGICAL SYMPTOMS

- Constant demotivation in relation to work
- Marked irritability, spontaneous anger, frequent crying
- Feeling of being incompetent
- Desire to self-isolate
- Feeling of failure
- Lower self-confidence
- Anxiety, worry and insecurity
- Difficulty concentrating
- Memory loss
- Suicidal thoughts (in the most severe cases)

STRATEGIES TO AVOID OCCUPATIONAL BURNOUT

SPIRITUAL

- Wash after work: a symbolic gesture of detachment from the stressful situation.
- Take the time to say a prayer or practice meditation.
- Use traditional medicines and ceremonies that you can still practice.
- Talk to an elder or traditional healer.

MENTAL

- Take stock of the situation with your work team regularly and share the difficulties you are experiencing.
- Listen to your body and recognize the signs it gives you.
- Disconnect by planning a time of day when you will set aside all electronic devices and social media.
- Establish a daily work routine while taking care to allow time for your moments of relaxation.

EMOTIONAL

- Keep in touch with those close to you and confide in them.
- Keep a diary.
- Accept the help and support offered to you.

PHYSICAL

- Force yourself to take breaks a few times a day.
- Eat and drink enough.
- Protect yourself adequately and comply with health guidelines.
- Reduce your consumption of alcohol and any other substances.

DO YOU NEED HELP?

- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Revivre support line (for anxiety, depression, etc.): 1-866-738-4873
- Centre de prévention du suicide: 1-866-APPELLE (1-866-277-3553)