



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | June 2022

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- App Review | *Five Minute Journal*

Three Habits to Avoid Burnout

Burnout has become a standard part of our language due to the stress of the COVID-19 pandemic on workers' personal and professional lives. A startling 77% of Deloitte's Workplace Burnout Survey respondents said they had experienced burnout in their current jobs. Remote work has erased the buffer between work and personal lives, and vacancies due to illness or resignation often mean that the remaining employees have had to take on more work and responsibilities. So, it's not surprising that [workers feel burned out](#) – overwhelmed, emotionally and physically exhausted, yet helpless to change the situation.

Adding new habits to your self-care routine will build resilience and help you deal with stress before it turns into burnout.

1. Add gratitude to your routine.

A big part of defending yourself against burnout is proactively supporting your mental health. One way to do this is by adding gratitude to your daily routine. The simple act of [jotting down what you are thankful for](#) can do wonders for your wellbeing. Researchers have discovered that a regular gratitude practice lowers stress, improves sleep, and strengthens relationships. Gratitude gives hope by focusing on the positive.

2. Schedule regular touchpoints with your manager.

Involving your manager in the conversation about your stress levels will increase your social support system at work. Open communication is key. Reserve these meetings solely to check in on your workload and discuss solutions to job stressors. Focus on managing expectations with colleagues and clients, asking for help or resources, or talking through your tasks, so you are not overtaxed during high-pressure times.

3. Prioritize your free time.

All work and no play are not a winning combination. Employees need time away from work to relax and “turn off.” Reserving time to explore your passions, such as an art class, walking your dog, or attending a concert, is just as important as taking time to rest. You may initially find this difficult if you are regularly over-scheduled, in a demanding job, or are a “yes” person. Try booking an appointment on your work calendar for self-care to signify its importance. Take these self-care “meetings” as seriously as you do a big presentation.

You can [prevent burnout](#) by remembering to prioritize self-care, seeking out activities that bring you joy, saying “no” without feeling guilty, and developing a support network at work. By shifting your focus to what you can change, you can move toward a healthier, happier life.

Five Minute Journal

The Five Minute Journal is a guided gratitude journal that leverages positive psychology to unlock more happiness in just five minutes a day. Features include happiness tracking, inspirational quotes and stress relief support.

Google Play Store Average Rating:

4.5 / 5 (3,861 ratings)

Pros:

Users rave about how convenient this app is to use regularly and enjoy the premium photo upload option. Described as visually appealing, user friendly and inspirational (specifically the quotes).

Cons:

Some reviewers describe scrolling between sections as burdensome and would like the ability to customize journal prompts. Increased subscription fees were also a common complaint.

Is this app right for you?

Is this app right for you? Try the Five Minute Journal if you are looking to cultivate a practice of gratitude while “on the go.” It is also ideal for those who want to increase the consistency of their daily writing without pen or paper.