

BROADCAST SCRIPT-**Feel the burn: National survey finds employees depleted by work-related stress**

This might be one of those studies that results in people responding, 'They spent money on that? I could have told them that!'

[The study](#) by Indeed, one of the largest online websites for employers and job seekers, found alarmingly high levels of employee burnout. More than half (52%) of respondents are feeling burned out, and more than two-thirds (67%) believe burnout has worsened over the course of the pandemic.

Those who work virtually are more likely to say burnout has worsened over the course of the pandemic than are those working on site.

OSF HealthCare psychotherapist Kaleena Williams says she's not surprised because for those working from home, the lines between work and personal life have been blurred.

SOT- OSF HealthCare psychotherapist Kaleena Williams

“Home is now work. Work is now home and how do we keep that separated? So the idea of boundaries has been significantly impacted across the board for individuals who are working in the home environment.” (:13)

The World Health Organization has declared burnout an official diagnosis characterized by a state of emotional and physical exhaustion brought upon by long periods of unrelenting, work-related stress. It results in a person feeling depleted and dejected.

Williams says burnout can cause regular release of stress hormones that can wreak havoc on the body's various systems.

SOT- OSF HealthCare psychotherapist Kaleena Williams

“We might see rapid breathing and increased heart rate which could lead to high blood pressure, high cholesterol; now we're looking at the onset of what could be diabetes. All those categorizations (of issues) could take place with prolonged exposure to any kind of stressful environment, burnout included.” (:17)

Williams says sleeplessness, headaches, increased irritability and being quick to anger are all symptoms. Burnout can also look very much like depression. Williams says employees should talk with their supervisor to see if there are solutions to reducing workload and stress.

SOT- OSF HealthCare psychotherapist Kaleena Williams

“Can we change deadlines? Can we change the way we are responding to things? More importantly, can we change the communication that we have with our employees to allow them to know how valuable they are, to let them know they are essential, and the work they are doing is appreciated.” (:20)

SOT- OSF HealthCare psychotherapist Kaleena Williams

Higher-level employees also need to model self-care and have one-on-one discussions with workers to assess their individual challenges and needs.

“Encourage people in that timeframe to utilize, whether it is their PTO, or encourage them to be taking care of themselves. From an employer perspective, if you are encouraging your team to do so, they are going to feel more comfortable to take that time and to be more attentive to themselves.” *(21)

Williams says employees need to advocate for themselves and find professional help if their symptoms begin impacting their health or personal relationships.

(For website story)

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