

Don't feel the burn

RUN TIME - :42

ANCHOR LEDE

Burnout means different things to different people. But one thing's for sure: you should know the skills to cope with burnout to avoid a mental health crisis. Tim Ditman of OSF HealthCare has more.

~~~~~

OSF psychotherapist Sara Bennett says burnout is physical, mental or emotional exhaustion that makes it difficult to navigate life. You might feel hopeless or irritable. Issues with your job, school, finances, health and relationships can all lead to burnout.

To help, take care of the basics like diet, exercise and sleep. Take stock of your situation. Is it temporary?

And, learn to say no.

\*\*\*SOT\*\*\*

Sara Bennett

OSF HealthCare psychotherapist

**"Learn to prioritize. Figure out the things you can't say no to. The things that are really important. Or maybe there's some suffering involved, and you're the person that can help." (:12)**

I'm Tim Ditman.

~~~~~

ANCHOR TAG

And don't be afraid to talk to a friend or health care provider. If you're in crisis, the 9-8-8 hotline is available.