

RISK FACTORS ASSOCIATED WITH EMPLOYEE BURNOUT

BALANCE

Employees who identify so strongly with work that it becomes a core focus of their life, end up lacking balance which puts them at a higher risk of burnout



CONTROL

Employees who feel as if they have little or no control over their work & workload increase their likelihood of burnout.

SELF CARE

Employees need to prioritise themselves & their own feelings, be willing to say no to other people and events and focus on tasks and events they enjoy



HISTORY

Employees who are prone to depression or anxiety are at a higher risk of experiencing burnout if they don't monitor the impact of work on their mental health & seek support.