

# The Expert Says-Fall 2015

August 31, 2015 By [Kate Ferguson](#)

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According to mental health professionals, there are many ways to deal with burnout on the job. Here, we offer a few tips to prevent, cope with and recover from this daunting state of emotional, mental and physical exhaustion that's caused by prolonged stress.

## **What are some good ways to prevent burnout on the job?**

Take breaks every few hours to build downtime into your workday. Stretch, meditate, take a short walk during lunch, or listen to soothing instrumental music while you work.

## **What can you do to cope when you're burned out at work?**

One way to cope with burnout on the job is to cash in your vacation and sick days. Totally fed up? Start looking for another job.

## **How can you recover if you're already burned out?**

Support at this time is key, so talk with friends or family who care about you. If you can take time off from work, use it to re-evaluate your life and priorities in general.

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