

3 ways to talk burnout with your boss



No. 1

Be prepared for the conversation

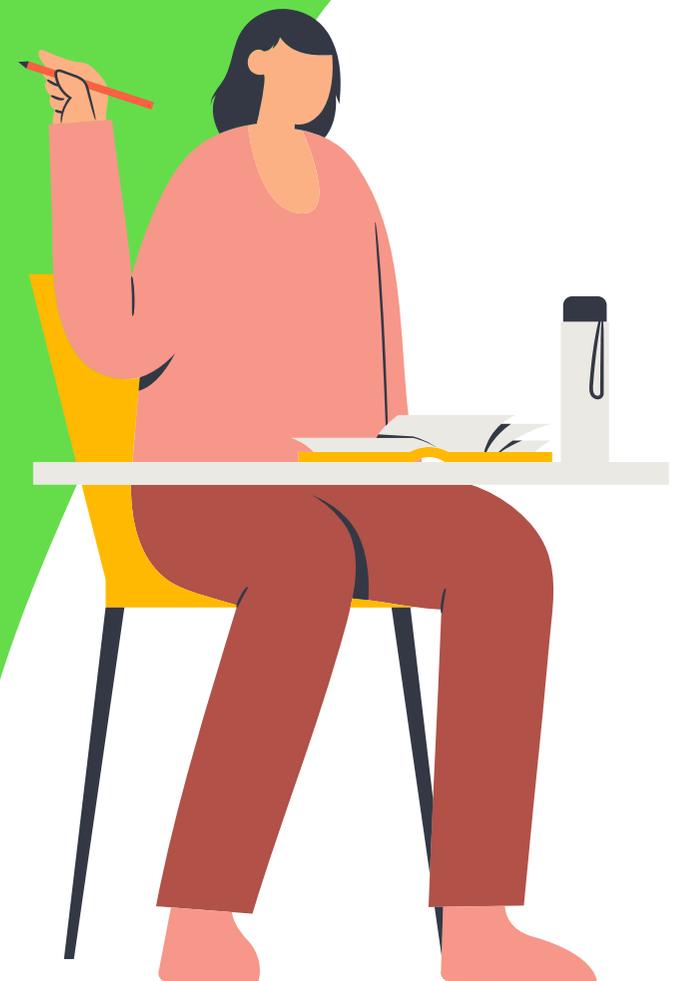
- Make a list of specific factors that affect your performance like colleagues and working styles
- Identify changes that can help you restore your performance like less workload, flexible timing and better working conditions



No. 2

The conversation: focus on yourself and your experiences

- Clarify the factors leading you to feel burnt out
- Appeal don't complain: speak slowly and have a solution-focused approach
- Do not expect instant solutions. Allow some time for the management to respond



No. 3

Take time to regain work-life balance

- The toughest part is over; you took the first step and spoke up
- Self-care is a long game; stick to the healthy routine, ensure break-times, set boundaries and work with attainable goals
- Allow your boss to take the necessary action



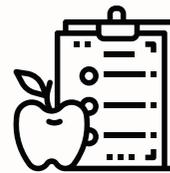
Wellbeing on the Web(WoW) offers counselling sessions, wellness resources and live meditation classes that can help you and your colleagues beat burnout at work.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



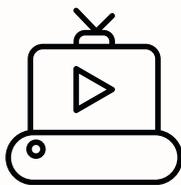
Finance advisor



Newsletters



Self-assessments



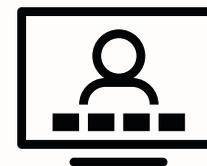
Live classes



Articles



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