

BPI® Burnout Prevention Inventory®

A do-it-yourself symptom measure



12.8m days

Were lost per year to stress, anxiety and depression (HSE 2018/2019).



602k people

That is over half a million people who are suffering debilitating symptoms whilst trying to work.



54% loss

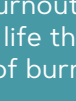
54% of all days lost are due to Stress, Anxiety, Depression

It's never too late to start looking after you!

7 main causes of work related stress

1. Workload
2. Deadlines that can't be met
3. Unsupportive management
4. Changes in job
5. Interpersonal relationship
6. Bullying and violence
7. Traumatic events

Catch it early



Even with all we know about stress and burnout the incidence is too high and burnout is life changing and life threatening. It is so crucial to inform people of the true cost of burnout and how to see the early signs.



45-54 year old men

Are the most stressed group.



All ages

Women of all ages reported higher rates of stress, depression, anxiety related to work.



Professionals

Professionals have the highest incidence of stress per 100,000 people.



BPI®

BPI® is a self diagnostic tool to help identify where you are on the burnout spectrum, as it is very costly.

It can cost you:

Physical health | Emotional and psychological health | Nutritional health | Relationship health | Parenting health | Friendship health | Financial health | Happiness health | Self Harm/Death/Suicide

BPI® - a do it yourself diagnostic tool

You may be thinking and feeling a mix of these symptoms (not a definitive list)

RED ZONE

You could be burning out.



You're feeling and thinking everything in amber and green section plus:

Are you thinking:

Are you feeling:

ACTION



◆ This is a serious medical condition, find someone to talk to.

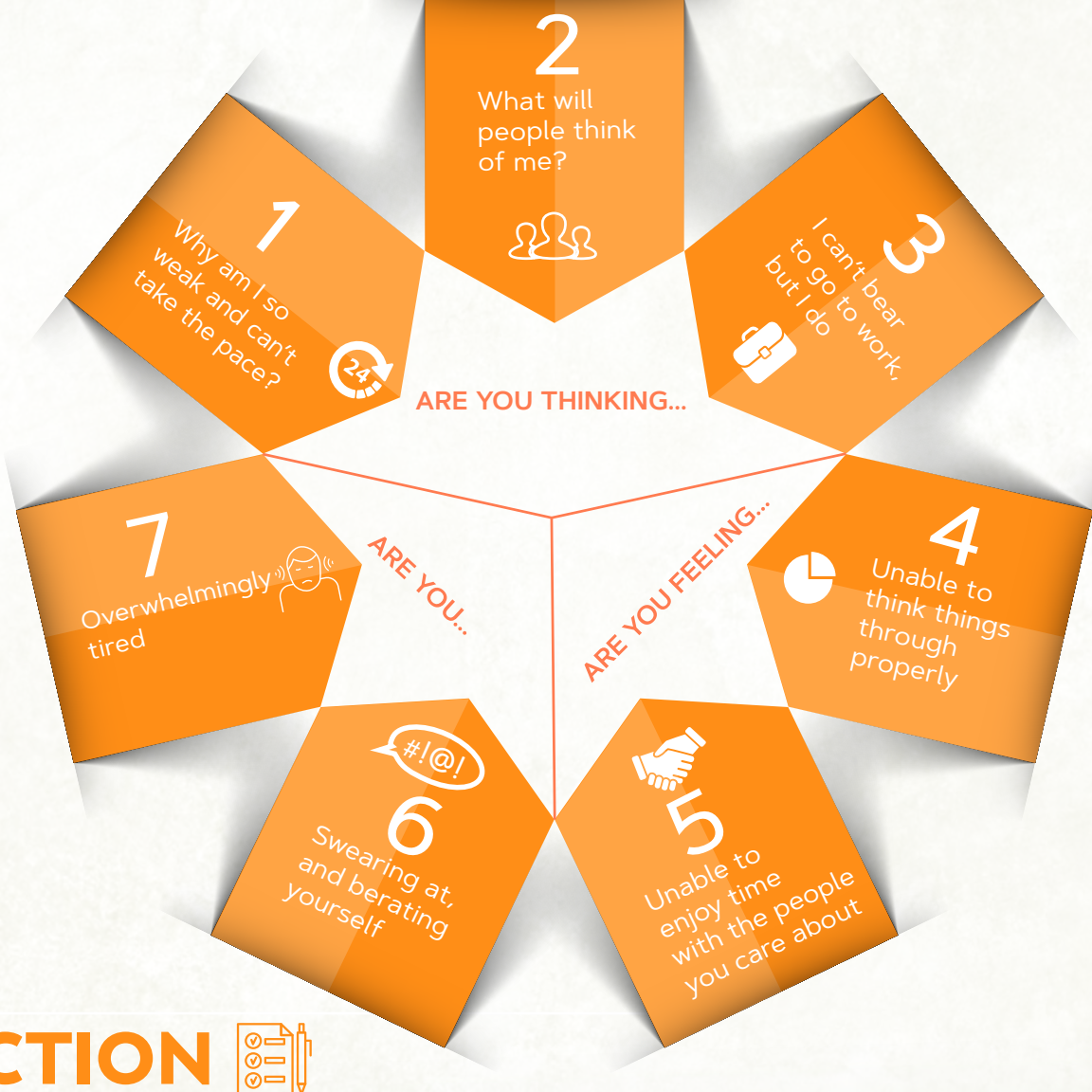
◆ Taking a few weeks off now will save you months, even years off in the future.

◆ Surrender to purposeful rest, your body, & mind are screaming out for you to look after them!

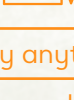
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AMBER ZONE

You're overwhelmed, you need a break!



ACTION



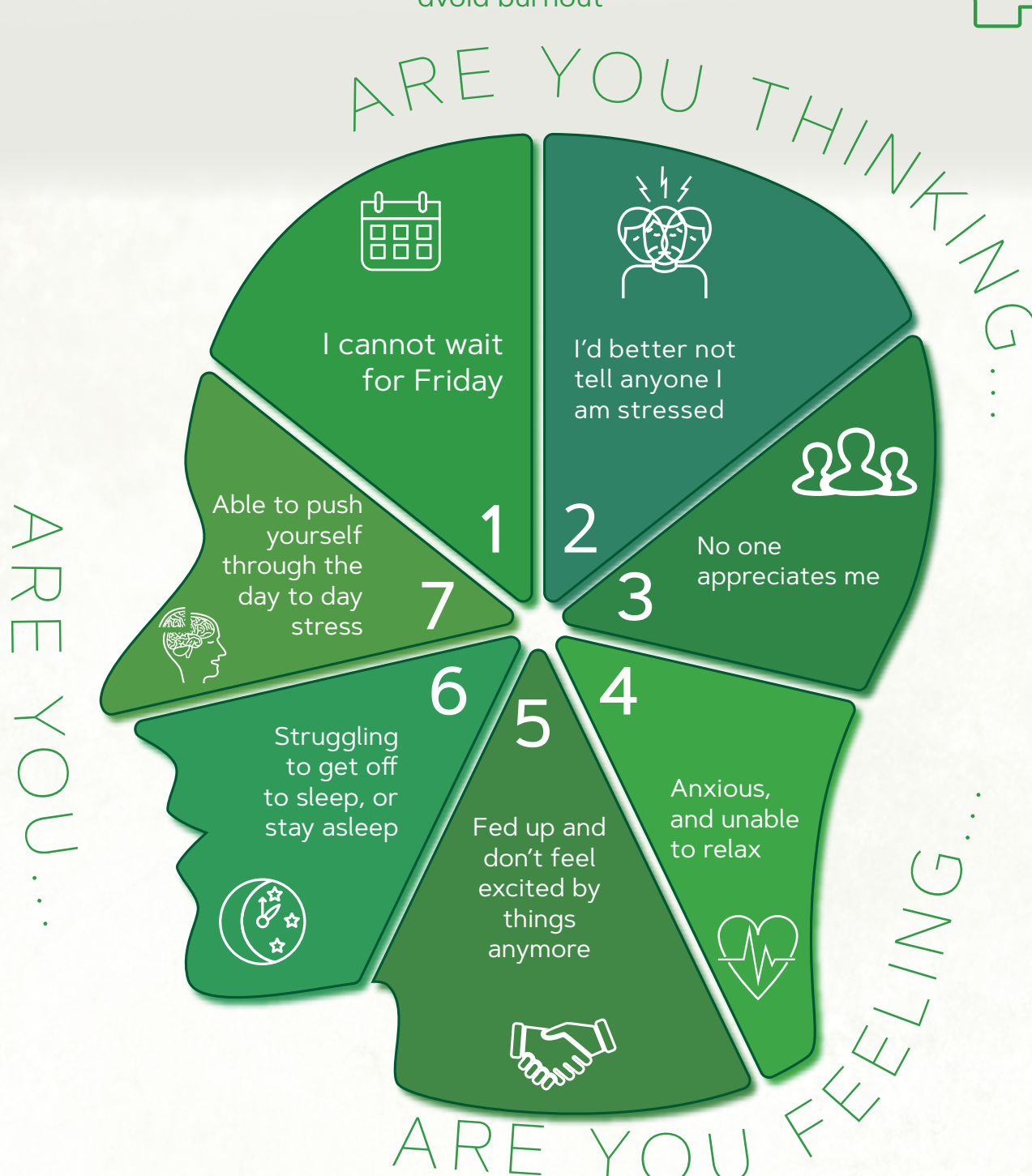
- ◆ Take out of your diary anything that's not vital.
- ◆ Get proper rest into your day, this is so much better than collapsing with exhaustion.

- ◆ Taking a break reduces stress hormones and tells your brain you are looking after yourself

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GREEN ZONE

You are aware you're stressed - You've caught yourself early enough to avoid burnout



Physical symptoms of burning out

- Headaches
- Anxiety
- Constant worrying especially at night
- Sleepless nights
- Stomach pains
- Chest pain
- Differing bowel habits
- Poor concentration
- Over sensitive to stimuli, light, sound, touch, smell
- Low sex drive
- Exhaustion
- Palpitations
- Shortness of breath
- Back pain
- Muscle pain

ACTION



- ◆ Tiny adjustments to your day, prevent long term effects of stress.
- ◆ Timeout v Burnout, do the equation. Prevention is better than cure every time.
- ◆ Taking breaks, and eating lunch are the simplest ways to prevent burnout. Remember small things can become big habits!
- ◆ Most things can wait a few minutes or more.
- ◆ Say YES to the cup of tea you think there's not time for.

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What to do if you feel you're burning out!



01	Take stock of what is actually happening NOT how you'd like it to be.	
02	Adjust your behaviour, habits to look after how you feel.	
03	Allow yourself to change your mind.	
04	Look what's on your plate and drop whatever is not vital.	
05	Don't be tricked into believing everything is vital and a priority (that's just your mind being scared to let something go)	
06	Find a small way of having TIME-OUT TODAY. Small adjustments early on prevent weeks and months later.	
07	Find someone to tell, burnout loves isolation it will keep suggesting you have to carry on regardless.	
08	Find someone you can trust	
09	Keep fed and watered. Stress and burnout love a diet of sugar and caffeine. BUT, no one gets away with this over a long period of time it will make you ill.	
10	Try not to focus on what other people think of you.	
11	No job should make you sick	

DON'T LET BURNOUT TAKE AWAY YOUR LIFESTYLE AND LIVELIHOOD

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