

**COINEXX** Minimum Deposit **0.001 BTC** Spreads from **0.0 Pips** Max. Leverage **500x** **OPEN**  
 No Transfer Fees Pure ECN Spreads No Trading Restrictions

# Ways to handle pandemic burnout

By [Dr Fairuz A'dilah Rusdi](#) - July 23, 2021 @ 12:01am



Go outside, spend time in nature, do things non-work related and meditate. - BERNAMA file pic

## COVID VACCINATION



Everybody works in different ways. Some individuals can adapt in any situations, whilst others may have setbacks and difficulties adjusting to changed situations.

During this pandemic, some have achieved tremendously by working from home (WFH) – managing the family, picking up new hobbies and proudly acquiring fresh skills. Yet, never compare yourself with others and be mindful to not be influenced by things one see daily on social media.

While many of us are WFH, now and again, we also need a break from our daily work routine. When you feel exhausted over work, practice some self-care strategies to avoid yourself from encountering burnout. The key strategy is to know your limits.

The term "burnout" was introduced by Herbert Freudenberger, an American psychologist in the 1970s. It is a state where individuals tend to "overwork" and in the long run experiences sheer exhaustion, feels

## MOST POPULAR

- LATEST**
- MOST READ**
- 6m [Tin price ends at historical high of US\\$40,400 per tonne](#)
- 7m ['He's going to get away with it': Australia news anchors caught in Djokovic 'hot mic'](#)
- 8m [Eat better, move more](#)
- 13m [Germany's Covid-19 cases hit daily record of more than 80,000](#)
- 29m [Tigers encroaching Orang Asli settlements not due to logging, says Kelantan deputy MB](#)
- 40m [#Showbiz: Indonesian actress, husband get a year's jail for drug offence](#)
- 45m [Kelantan Wildlife Dept believes tigers in Gua Musang may be infected with CDV](#)



## VACCINE

**WORLD** 12 minutes ago



unenergetic and face problems in coping with the situation due to the prolonged stress. Burnout can affect one's career, family connections, relationships and social interactions.

## MORE NEWS

- **Work Matters! The challenge of going back to the office!**
- **France to impose more work-from-home in Covid fight**
- **WFH employee safety: 'Look at mechanisms used abroad'**
- **#Showbiz: Indulge your kids' attention seeking while busy WFH, says Fazley**

Signs of burnout are usually easy to detect and identify. The most noticeable indication, according to *Burnout* (1982) by Christina Maslach, is exhaustion – more specifically, emotional exhaustion – due to the continued stress as a result of overwhelming demands and workload.

This gets worse when there is an absence of control and the inability to balance between work and life. Individuals with emotional exhaustion have a decreased level of motivation, lacks energy and feels continually overwhelmed.

The second sign is cynicism or depersonalisation when a burned out individual feels detached or alienated from their work. This is also when an individual is prone to be cynical to others, which creates a feeling of withdrawal or detachment to surroundings as a result of the burnout.

Another symptom is lack of accomplishment or reduced performance. Seeing oneself as non-achieving, always injecting negativity into accomplishments, constantly feeling lethargic and lacking creativity. This individual tends to continually self-evaluate and view self as incompetent. If prolonged, this will create a diminished sense of self-esteem and ineffectiveness.

So, how do we beat burnout? Why are there individuals who experience burnout and others who do not? Simple self-care strategies to hinder oneself from burnout would include some, but not limited to the following.

**KNOW** your limit. When you need to stop, take a break. Work will never cease to end. Give yourself a moment or some space to pause and breath. If you feel overwhelmed, restructure the workload and shift it for tomorrow's schedule. If one is able to maintain it in the long run, the chances of suffering burnout is thus reduced.

**ALWAYS** reward yourself for self-achievements, such as upon completion of tasks and meeting deadlines and milestones. Why do we always have to be so hard on ourselves? We tend to thrive better when we give rewards



**Germany's Covid-19 cases hit daily record of more than 80,000**



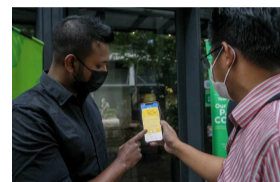
**REGION** 7 hours ago

**Japan to start vaccinating children under 12 in March**



**NATION** Jan 11, 2022 @ 8:37pm

**Call to investigate fake Covid-19 vaccine certs quickly.**



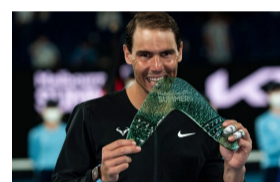
**NATION** Jan 11, 2022 @ 7:30pm

**Blockchain technology makes it impossible to fake vaccination certificates**



**NATION** Jan 11, 2022 @ 2:28pm

**Tracking those who bought fake vaccine certs from Marang clinic**



**TENNIS** Jan 10, 2022 @ 5:44pm

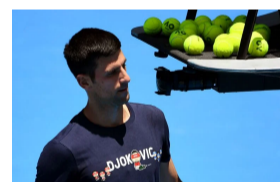
**Nadal calls Djokovic controversy 'a circus'**

## ACROSS NEW STRAITS TIMES



**NATION** an hour ago

**Sri Ram accuses Rosmah of abusing court process**



**TENNIS** 5 hours ago

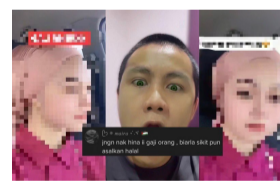
**Djokovic confirms error made on Australian travel entry form**



**CRIME & COURTS** 6 hours ago

**Jobless man remanded 7 days over fake vaccine certificates**

## STORIES FROM SAYS



37 minutes ago

**Pendakwah Muda Ini Beri Nasihat Untuk Perempuan Ikut Trend 'Reject' Lelaki Bergaji RM1500**



2 hours ago

**[VIDEO] Suruh Anak Buah Ambil Makanan Dekat Grab, Tapi 'Benda' Diwajahnya Pula Bikin Dekah**



3 hours ago

**NSC Apologises To National Squash Player For Dropping Her From Their Training Programme**



3 hours ago

**"Belajar Rajin-Rajin" - Ibu Belikan Anak Beg Sekolah Jenama Gucci Ini Curi Tumpuan**

4 hours ago

for what we have accomplished. This will also help refuel and increase one's productivity levels.

Rewards can be inexpensive and differ from one individual to the other. Simple gestures like buying good coffee and desserts, watching your favourite drama series on television (which you had to put on hold due to the overbearing work) and even calling and catching up with a loved one!

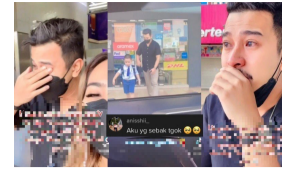
**SELF-DISTANCE** (for a while) from work, go outside, spend time in nature, do things non-work related and meditate. This helps to rejuvenate, recharge and lessens the degree of stress and pressure due to work. Try distancing yourself from work matters when things get too overpowering.

One good strategy is to go out in nature, look at trees and the surroundings, step on grass as this helps to manage stress and elevate good moods. You don't need to go far, your backyard or nearest park will do. Immerse yourself in the sounds of nature, experience the greenery and you'll be amazed at how these nature images will calm you.

Whilst burnout has been around even before this Covid-19 pandemic, nonetheless, as times get harder and our lives becoming more challenging, our duty is to incorporate strategies to remain mentally healthy, to be resilient, to care for our wellbeing and endure whatever comes our way the best we can.

[fairuz@umk.edu.my](mailto:fairuz@umk.edu.my)

**The writer is an educator at the Language Studies and Human Development Faculty, Universiti Malaysia Kelantan, with a background in burnout, resilience and psychology**



**Pertama Kali Hantar Anak Ke Sekolah, Si Ayah Tak Tahan Sebak Sampai Meleleh Air Mata**

**The views expressed in this article are the author's own and do not necessarily reflect those of the New Straits Times**



**Becoming an Introducing Broker**



No limits on commissions per client



No Hidden Restriction



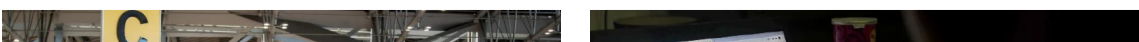
Dedicated Account Manager



Regulated Broker

**RELATED VIDEOS**

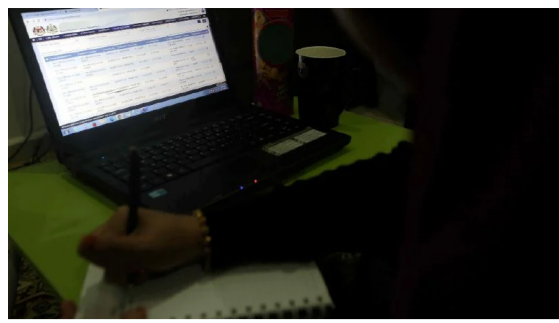
**RELATED ARTICLES**







**WORLD** Dec 29, 2021 @ 9:48am  
**Thai officials to work from home as precaution against Omicron**



**LETTERS** Aug 4, 2021 @ 12:00am  
**Working from home may be a good thing**



**WORLD** Jan 4, 2022 @ 4:57pm  
**Delhi imposes weekend curfew to curb Covid-19 spread**



**LETTERS** Sep 9, 2021 @ 4:00pm  
**Better internet connectivity, please!**

Recommended by **Outbrain**



**Diabetics: Here's How To Lower Blood Sugar (It's Genius!)**

Sponsored | Diabetes Freedom



**Learning To Live With Suicide**

Sponsored | Our Better World

[Learn More](#)



**Rosmah: I am not used to people screaming at me | New Straits Times**

New Straits Times



**Born between 1956 to 1996? You can earn a potential second income...**

Sponsored | Don't miss, Invest N...



**Sinovac Covid-19 shot with Pfizer booster less effective against Omicron - study |...**

New Straits Times

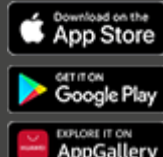


**#Showbiz: Henry Golding loves hunting in the jungle every time he returns hom...**

New Straits Times

# NEW STRAITS TIMES

GET MOBILE APP



**NEWS**  
[Crime & Courts](#)  
[Exclusive](#)  
[Govt / Public Policy](#)  
[Nation](#)  
[Politics](#)

**BUSINESS**  
[Business Times](#)  
[Property](#)  
[Cars Bikes Trucks](#)

**LIFE & TIMES**  
[Sunday Vibes](#)  
[Bots](#)  
[Heal](#)  
[Flair](#)  
[Jom!](#)  
[Groove](#)

**SPORTS**  
[Football](#)  
[Badminton](#)  
[Tennis](#)  
[Cycling](#)  
[Golf](#)  
[MMA](#)  
[MotorSport](#)  
[Cricket](#)  
[Others](#)

**WORLD**  
[World](#)  
[Region](#)  
**RADIO**  
[Hot FM](#)  
[Buletin FM](#)  
[Fly FM](#)  
[8FM](#)

**OPINION**  
[Columnists](#)  
[Letters](#)  
[Leader](#)

**GALLERY**  
[Photos](#)  
[Infographics](#)

**NSTTV**  
**EDUCATION**  
**VOUCHER**



