

# Managing Holiday Burnout

The holiday season can be joyful, but it can also lead to burnout. While burnout is normally thought about in terms of work, holiday demands can put you at risk. Unlike short term stress, burnout can leave you feeling depleted, detached, and unmotivated. Protecting your wellbeing this season means recognising the signs and taking steps to restore your energy.



**Prioritise your wellbeing:** Burnout often comes from overcommitting. Protect your energy by saying no to events or obligations that don't feel essential. Give yourself permission to rest without guilt. Remember that putting yourself first isn't selfish, it's necessary for your health.

**Simplify your plans:** Avoid feeling overwhelmed by scaling back. Break big tasks into smaller steps, delegate responsibilities, and focus on what truly matters. You don't have to do everything.

**Maintain routines:** Even during holidays, your body needs sleep, movement, and nourishing food. Prioritise sleep to recharge, include gentle movement like walks or stretching to relieve tension, and eat balanced meals.

**Create space for mindfulness:** Burnout leaves you mentally and emotionally drained. Daily practices like meditation, journaling, or quiet reflection can restore your emotional balance. Even just 10 minutes of focused breathing or mindful walking can help reset your stress levels.

**Set realistic expectations:** Burnout often comes from trying to meet impossible standards. Lower the pressure on yourself by letting go of perfection and focusing on meaningful moments. Celebrate the small wins and accept that it's okay if everything isn't flawless.

**Seek connection and support:** Isolation can worsen burnout. Talk openly with friends, family, or colleagues about how you're feeling. Sometimes sharing your struggles relieves emotional weight. For deeper support, consider using professional counselling.

**Schedule "me time":** Keep blocks of time just for yourself. Whether it's reading, listening to music, taking a walk, or simply doing nothing, these moments are essential to replenish energy and prevent emotional depletion.

**Recognise the signs early:** Pay attention to burnout symptoms such as persistent fatigue, feeling detached or unmotivated, irritability or low mood and trouble sleeping. Recognising burnout early allows you to take meaningful steps before it becomes more serious.

To book an appointment with one of our counsellors, call or scan the QR Code



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