



# WELLBEING HUB

TERM 3 • WEEK 4



## WELCOME TO THE HUB

This week I have been speaking to many of our OMBS graduates who have gone on to do some really interesting things, which is great for the upcoming Podcast & Blog series.

However, not sure about you but it has me thinking how quickly things have gone back to pre-covid days in terms of the rush of every day life - have you felt this too?

The city is definitely busier and I am back to a long commute into work.

It is making me wonder if we have really learned anything about work/life balance since the pandemic started. Burnout culture is very real, especially among the younger generations of workers, so I would like this edition to really shine the light on ways to avoid this.

### WEEKLY WELLBEING HUB

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# BURNOUT & HOW IT LOOKS

[Where to find help](#)

As a previous victim of professional burnout, I know only too well the impact this can have on your entire life...sounds dramatic, but it really isn't an over exaggeration. Tasks which you should be able to do in your sleep, suddenly become monumental, brain fog keeps you from being productive and creative (for me that is a hard one to accept!) and you become pretty intolerable to be around.

Put simply. It benefits no-one but affects everyone and everything.

## Symptoms of burnout

Have you become cynical or critical?

Do you drag yourself to work/college and have trouble getting started?

Have you become irritable or impatient with your peers/co-workers, customers or clients

Do you lack the energy to be consistently productive?

Do you find it hard to concentrate?

Do you lack satisfaction from your achievements?

Do you feel disillusioned about your job?

Are you using food, drugs or alcohol to feel better or to simply not feel?

Have your sleep habits changed?

Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?



Recognising burnout is the first step to making small but important changes. So how can you keep yourself well and avoid getting to the point of a burnout?

- Set firm boundaries with yourself to help manage your exhaustion.
- Evaluate your options. Discuss specific concerns with your supervisor. Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait.
- Seek support. Whether you reach out to co-workers, friends or loved ones, support and collaboration might help you cope. If you have access to an employee assistance program, take advantage of relevant services.
- Try a relaxing activity. Explore programs that can help with stress such as yoga, meditation or tai chi.

- Get some exercise. Regular physical activity can help you to better deal with stress. It can also take your mind off work.
- Get some sleep. Sleep restores well-being and helps protect your health.
- Mindfulness. Mindfulness is the act of focusing on your breath flow and being intensely aware of what you're sensing and feeling at every moment, without interpretation or judgment. In a job setting, this practice involves facing situations with openness and patience, and without judgment.
- Keep an open mind as you consider the options. Try not to let a demanding or unrewarding job undermine your health.



## APP OF THE WEEK

[Top apps for mindfulness](#)



With the above in mind, I would love it if you all explored some mindfulness apps on your phone; Headspace and Calm are both really useful tools and since we look at our phones on average once every 10 minutes, I think this is a great way of getting some quality usage in!

# RECIPE OF THE WEEK

## Recipe

A hearty and healthy (well, kind of) supper recipe this week.

Now the weather is warming up, I don't know about you but I love a 'one pot' meal so I can soak up the light evenings and not be in the kitchen cooking.

This is the perfect 'bung in the oven and leave'...well, only for an hour!

For a vegan friendly version, add Roasted tomatoes and asparagus - it would be delicious!



## KINESOLOGY

When I was in the realm of burnout, I started seeking alternative therapies to help rebalance and refocus my energies (which were severely depleted!). To correct this, I started seeing a Kinesiologist once every few weeks and it has been life changing, seriously. I genuinely think everyone should find a holistic treatment that suits them to support their lifestyle.

I am a firm believer in helping yourself through small lifestyle changes like exercise, diet and supplements.

I have linked The Academy of Systematic Kinesiology website so you can have a read of what the practice is and how it might be worth exploring.

Website



# NEWS & EVENTS



OXFORD MEDIA & BUSINESS  
SCHOOL



## LIFE AFTER SIXTH FORM

BUILDING YOUR BRAND  
WORKSHOP



Wednesday 2nd June 2021 at 5.30pm  
REGISTER YOUR INTEREST HERE



Oxford Media & Business School invites you  
to their upcoming

## Virtual Open Day

Wednesday 19th May 2021  
Zoom | 4pm

TO BOOK YOUR ATTENDANCE EMAIL

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