



# Stop, Drop and Roll: Burnout Prevention and Response Kit

When things get hectic, all the little firestorms in your work life can really smart. Let's figure out how to outsmart them, before you get burned out.

We know you didn't start the fire, but we have resources to teach you to be your own first responder — videos, checklists and advice from seasoned experts. Smolder no longer! Cool down with the strategies you'll find here.

## Burning Out? How to Know and What to Do

- ▶ **[Stressed? Here's a Wellness Check](#)** **BLOG POST**  
Humans just can't endure volatility, uncertainty, complexity, and ambiguity in excess. GovLoop speaker Frieda Edgette offered methods for restoring mindfulness, taking purposeful action and maintaining your peace of mind.
- ▶ **[Professional Self-Care Tips for Government Employees](#)** **BLOG POST**  
Spending time on professional self-care doesn't mean you are selfish or have failed. This article explores self-care strategies that can help you have a more positive experience at work.
- ▶ **[Management Minutes with Mika: Recognizing Workplace Burnout](#)** **VIDEO**  
Communication isn't just putting a message out. It's also hearing from others and showing them that you're paying attention. Study these tips on being a good listener to improve your professional relationships and collaboration.



## How to Keep from Burning Out

► **How to Avoid Burnout** [WORKSHEET](#)

Feeling overwhelmed from time to time is normal, but when you always feel rundown, it may be time to take a closer look. Assess your hazard level with a worksheet based on a burnout-focused training with TJ Espey, a mental health professional, and steer towards changing what you can control.

► **Manage Stress to Avoid Burnout** [BLOG POST](#)

Stress is more than an emotional reaction — it has real physical consequences. At GovLoop's NextGen Summit, two keynote speakers shared their advice on avoiding, managing and coming back from burnout.

► **Achieve Your Career Goals Without Burnout** [BLOG POST](#)

When you're moving toward real achievement, you shouldn't have to work so hard just to avoid burnout. In this blog post, you'll find effective techniques to set healthy boundaries at work and achieve work-life balance.

## Work/life Balance — Or Is It 'Integration'?

► **Perspectives on Work-Life Balance: Insights From GovLoop's Recent Survey** [BLOG POST](#)


We asked and you answered. A survey sent to our government community revealed effective work-life balance techniques for government employees and valuable insights into managerial support.

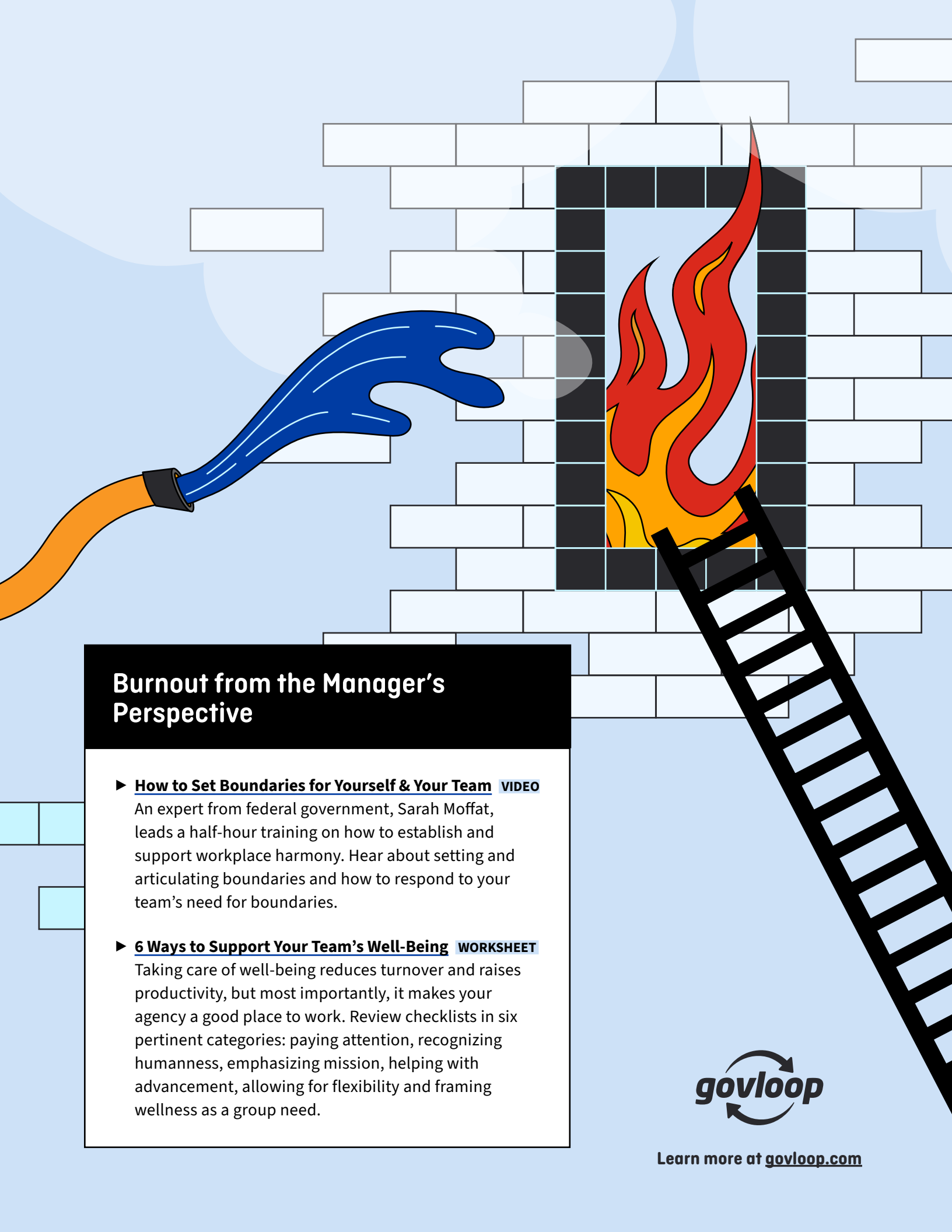
► **Work-Life Balance Tips from "She-Hulk: Attorney at Law"** [BLOG POST](#)

See how Marvel's impenetrable, green-skinned hero in "She-Hulk: Attorney at Law," faced work-life challenges, and uncover the lessons on rethinking priorities, embracing emotions, and setting boundaries.

► **How to Maintain Sanity: 5 Tips for Self Care** [BLOG POST](#)

Self-care can't be just a state of mind — it requires a little action each day, which can add up to big gains in health and in work-life balance. A GovLoop featured contributor shares five practical, easy self-care actions that promote a more balanced everyday life.





## Burnout from the Manager's Perspective

### ► **How to Set Boundaries for Yourself & Your Team** VIDEO

An expert from federal government, Sarah Moffat, leads a half-hour training on how to establish and support workplace harmony. Hear about setting and articulating boundaries and how to respond to your team's need for boundaries.

### ► **6 Ways to Support Your Team's Well-Being** WORKSHEET

Taking care of well-being reduces turnover and raises productivity, but most importantly, it makes your agency a good place to work. Review checklists in six pertinent categories: paying attention, recognizing humanness, emphasizing mission, helping with advancement, allowing for flexibility and framing wellness as a group need.



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