



Breaking the Burnout Cycle - A Focus on Mental Health

Presented by Aastha Sahni
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A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.

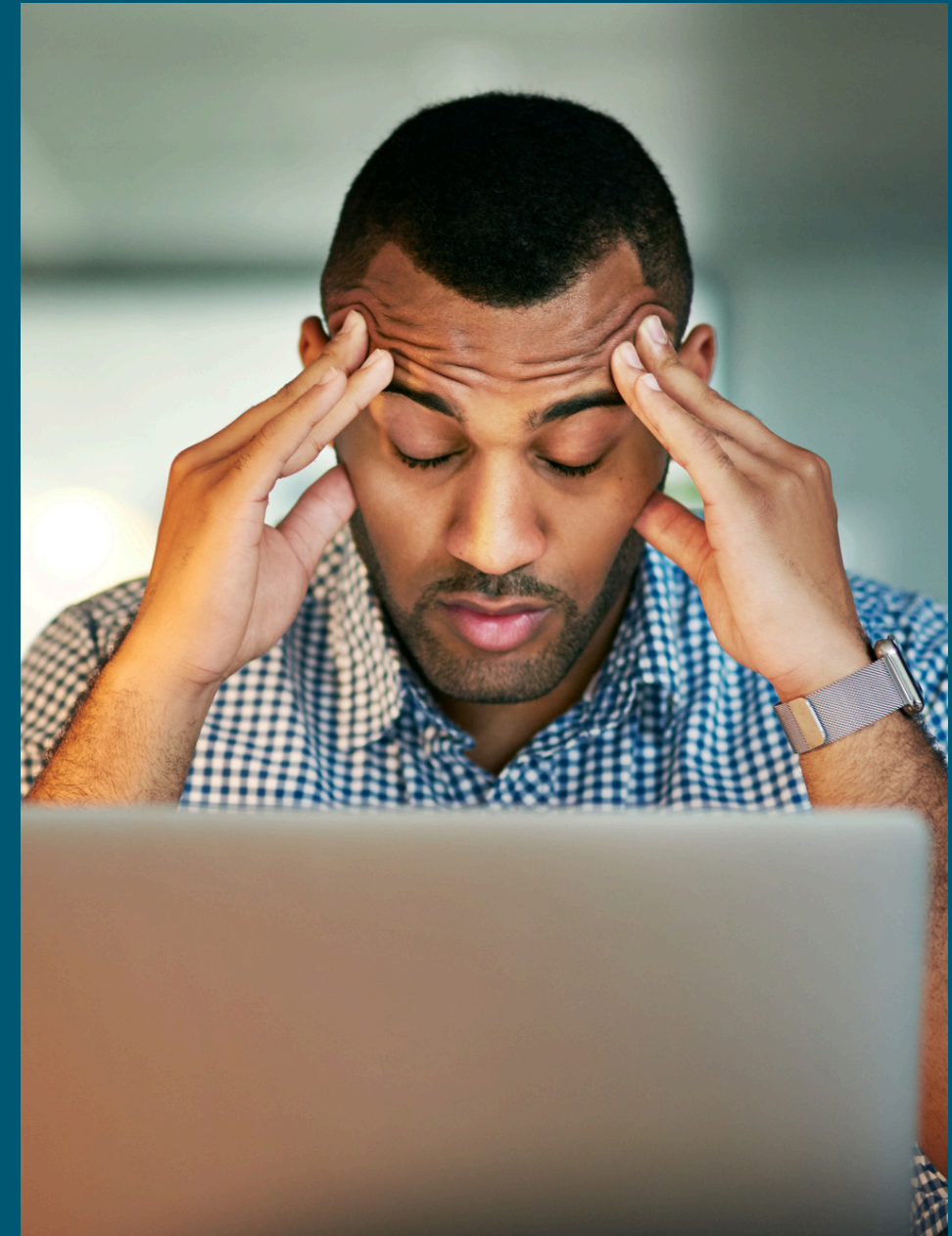
-Christopher K. Germer

What we'll discuss

- What is Burnout?
- Signs and Symptoms
- Barriers & Challenges
- Solutions and Strategies to Break the Cycle

Issues We Are Facing in Canada

- 1 in 5 people in Canada will personally experience a mental health problem or illness
- 42% of professionals reported feeling burnt out
- 2X women as men experience depression and report higher levels of burnout than men
- 50% of full time Employees have quit their jobs due to mental health reasons (Gen Z and Millennials are highest categories)



What is burnout?

Burnout is characterized by 3 dimensions:

1. low energy or exhaustion
2. increasingly negative feelings about work or life
3. reduced professional effectiveness or efficacy



what burnout is

1. emotional exhaustion- you can't give anymore
2. cynicism and sense of detachment from work
3. questioning your self-efficacy

what burnout isn't

1. the same thing as being stressed out
2. depression that is unrelated to work
3. a sign of weakness because you can't keep up

How can we recognize burnout?

Typical signs of burnout typically include:

- Insomnia
- Feeling emotionally exhausted or drained
- Physical symptoms - headaches or stomach ache
- Low energy levels
- Increased negativity or irritability towards colleagues/clients
- Inability to control one's moods
- Low levels of enthusiasm/motivation, reduced efficiency
- Loss of perspective and brain fog
- Feelings of hopelessness or cynicism about work



How can we identify burnout in others?

1. **Changes in efficiency or effectiveness.** You might notice a shift in how someone approaches work
2. **Changes in mood.** You might notice emotional outbursts or feelings of sadness, anxiety or irritability
3. **Changes in physical health.** Someone may display unexplained health issues such as headaches, digestive trouble or difficulty sleeping
4. **Changes in behaviour.** You may notice that they are pulling back from colleagues/friends or activities they once enjoyed

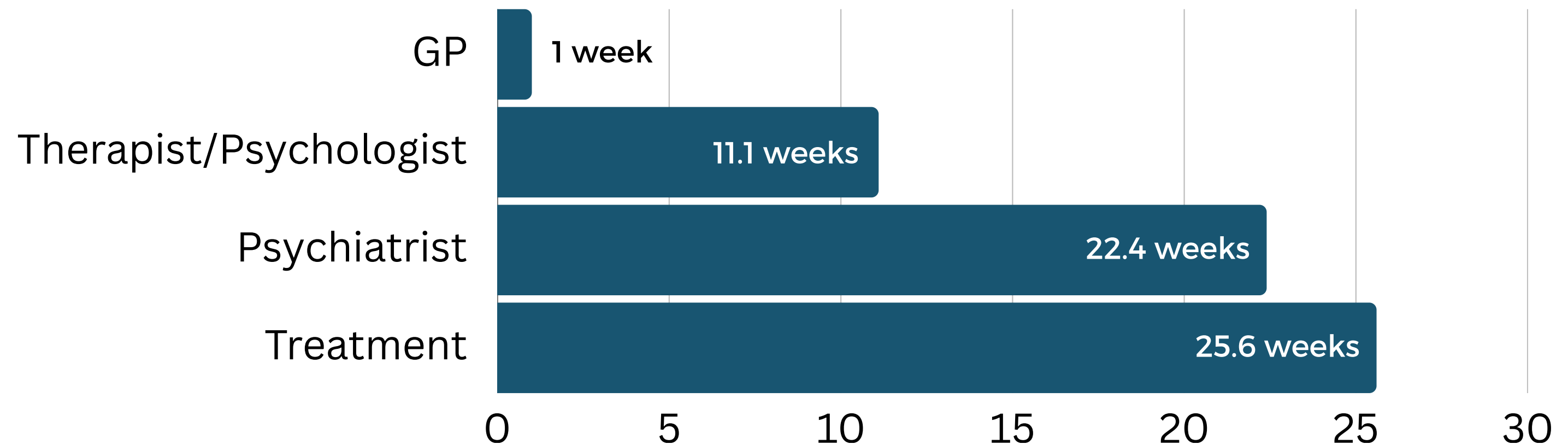


Barriers to Care

- Wait times
- Navigating options
- Price for treatment
- Depersonalized
- Stigma



Wait times are a concern



Source: <https://www.todocanada.ca/health-care-wait-times-in-canada-2021-this-is-how-long-you-need-to-wait-for-medical-treatment/>
<https://www.thestar.com/news/canada/2021/05/26/half-of-canadians-referred-for-mental-health-counselling-are-waiting-nearly-a-month-for-care-new-cihi-data-reveals.html>
<https://newcanadianlife.com/how-long-does-it-take-to-get-a-doctors-appointment-in-canada/>

How Advica can Support You

Match with the right therapist for your mental health needs.

Multiple languages and experts in different areas of mental health are available for virtual therapy appointments.

Explore self-led iCBT tools and programs for anxiety and depression

For timely support, reach out to the 24/7 support line from master's level clinicians



Burnout Prevention is Possible

- Tap into workplace resources and speak to your manager
- Fill your cup when you have time and build on healthy habits
- Make health a priority (even when you're tired!)
- Reach out to loved ones
- Get personalized and professional support from an expert



Commitments

What is one thing you will do to support your health and well-being?



Questions?

For burnout support or other mental health concerns, please register for Mental Health on Demand available to all SafeCareBC members!

Having trouble?
Email us at *clientsupport@advicahealth.com*

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