

# Burnout Prevention

By Evangeline Pescacio



Our world is so filled with difficulties, chaos, and brokenness. Each day, we are bombarded with things that can cause fear, loneliness, worry, and uncertainty.

Now, more than ever, many are anxious, worried, heartbroken, and sometimes feeling lost. These feelings, added to our long list of tasks, duties, and responsibilities, can cause us a great amount of stress. If we're not aware, hopeful, resilient, and proactive,

we can get overwhelmed.

Some causes of stress might be biological or physical, psychosocial, or too much exposure to social media, negative news, or an unfavorable environment. Some may be spiritual, a lack of faith, or a sense of meaning and purpose.

A reasonable amount of stress can be beneficial as a motivating factor for growth, but left unmanaged or not addressed, it can lead to sustained and chronic stress, which can then lead to burnout.

## The effects of Chronic stress:

Burnout is not rare—it's the silent crisis and epidemic of our age. Unfortunately, it is spreading faster than most of us realize.

Recent surveys show that more than half of working professionals report feeling burned out. In healthcare, the numbers are even higher. In leadership roles, burnout masquerades as strength until it's too late. And in entrepreneurial spaces, it's often written off as the "price of success."

## The cost:

To individuals, burnout can lead to anxiety, depression, insomnia, cardiovascular disease, and other chronic illnesses.

To organizations, it results in absenteeism, turnover, disengagement, and decreased profitability. To families, it creates distance, irritability, and disconnection.

In young people, it can manifest as irritability, anger, withdrawal, and changes in thoughts, appearance, performance, and sleeping or eating patterns.

To marriages and families, it creates distance, irritability, and disconnection, sometimes complete separation.

Yet for all its impact, burnout often remains unspoken—dismissed as weakness, minimized as "just stress," or even worn as a badge of honor in our productivity-obsessed culture.

## The Subtle Signs

Burnout rarely announces itself. It begins with small cracks in the foundation:

- **Physical signs:** fatigue that no amount of caffeine fixes, tension headaches, unexplained aches, and a weakened immune system.

- **Mental signs:** forgetfulness, difficulty concentrating, decision fatigue.

- **Emotional signs:** irritability, detachment, a sense of numbness.

- **Spiritual signs:** a loss of meaning, disconnection from purpose, a sense of going through the motions.

**Here are some practical steps to take care of your mental health and develop Resilience:**

1. Practice prayer, meditation, and deep breathing exercises daily. Faith has been proven to improve mood, healing, and problem-solving skills.

## We Are A Community: We Belong To OneAnother

2. Practice gratitude by saying or writing down three things you are thankful for.
3. Seek help from a therapist or a mental health professional.
4. Exercise daily for at least 45 minutes. Intentional physical movements have been proven to reduce stress, improve mood, and enhance mental clarity.
5. Improve nutrition by consuming a balanced, whole foods, and anti-inflammatory diet.
6. Foster connections with mature, supportive friends, family members, or support groups.
7. Prioritize sleep by establishing consistent sleep routines.
8. Establish and honor firm boundaries. Learn to say no.
9. Find activities that give you joy, pursue things you're passionate about.
10. Practice self-care and start or learn new hobbies like games, nature walks, or gardening.
11. Restrict screen time or unplug to prevent information overload. Instead, focus on personal growth and development, like reading books, attending training, and conferences.
12. Set attainable goals, celebrate small achievements, and sustain motivation and momentum by taking action.

*Disclaimer: This is for educational purposes only and does not constitute or replace professional consultation.*

*Evangeline Pescacio, RN, CCM, NBC-HWC, is a Nationally Board-Certified Health & Wellness Coach, Certified Parenting and Family Coach, and Certified Maxwell Leadership Coach, Speaker, and Trainer. She has a Diploma in Mental Health Coaching from Light University. She helps and empowers youth, leaders, professionals, and purpose-driven entrepreneurs to prevent burnout and restore the body, mind, and spirit. Learn more at [coachgie333.wix.com] or connect at [coachgie@gmail.com].*

## Upcoming Events in the AZ Community

> **September 21st starting at 12:00PM: Ribbon Cutting of the office of the newly -appointed Honorary Consul of Arizona Jenny Ho-Vijungco: Venue:1840 W. Chandler Blvd. Suite 2, Chandler AZ 85224**

> **Sept. 27 starting at 4:30PM  
FANPAZ Induction  
1600 S. Price Road, Chandler AZ**

**ARIZONA MOON FESTIVAL 2025**

**October 4/5pm to 11pm**

**Saigon Center Plaza, 2051 N. Arizona Ave.,  
Chandler, 85225**

*'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you. And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. ' (John 14:1-3)*