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How to Recover From Burnout (According to 25+ Experts)

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The condition commonly referred to by the layman's term "burnout" is a form of mental, emotional, and frequent physical exhaustion. It is usually caused by long-term stress and anxiety.

Real recovery from burnout can take anywhere from a few months to a few years, depending on what experiences someone has endured, how effective their treatment plan is, and the resiliency of their emotional makeup.

Burnout has been a common experience for millions around the world recently, given the COVID pandemic, economic upheaval, the Russian invasion of Ukraine, and ongoing aftershocks.

If you suspect you have burnout, it's crucial to see a doctor to get an accurate diagnosis. Your cortisol levels, "the stress hormone," might be checked as part of this exam.



To truly recover from burnout, people need to identify a less stressful vocation and environment. They also need to consider relaxing activities such as yoga, stretching, and deep breathing. Other specific steps they can take to recover from burnout include:

- Seeking treatment from a doctor.
- Monitoring your stress levels and understanding your stressors.
- Making sure you get a healthy amount of exercise, including walking every day if possible.
- Develop a network of people who care for you and can offer support and encouragement.

