# Preventing Burnout Resources

The Civil Service has prioritised preventing burnout to support the health and wellbeing of employees. Our priorities are underpinned by the principle that we are at our most productive and fully engaged at work when we are healthy, happy and feel able to be ourselves. This document summarises helpful preventing burnout resources.

## Preventing Burnout Video

We have developed a video to provide information about the signs of burnout, strategies on how to prevent it and to signpost support:

* [Civil Service Preventing Burnout Youtube video](https://www.youtube.com/watch?v=oKYqa2F6BR8)

It has been shared with a number of stakeholders, including The Charity for Civil Servants where it is included on their [Burnout Hub](https://foryoubyyou.org.uk/our-services/wellbeing/burnout-hub).

## Other Civil Service Tools and Resources

* [The Charity for Civil Servants: Burnout Hub](https://foryoubyyou.org.uk/our-services/wellbeing/burnout-hub)
* [Mental Health and Wellbeing Conference 2021: Sessions now available on demand, including Burnout](https://foryoubyyou.org.uk/info-and-resources/mental-health/mental-health-wellbeing-conference-2021)
* [The Charity for Civil Servants: Smarter Working for your Wellbeing Hub](https://foryoubyyou.org.uk/info-and-resources/mental-health/smarter-working-for-your-wellbeing-hub)
* [Civil Service Learning Resilience and Wellbeing](https://learn.civilservice.gov.uk/courses/YzIlqj79RkWUcRzpQriD4A)
* [Civil Service Learning Stress](https://learn.civilservice.gov.uk/courses/FpsIE3hIQHyMgH67iGBqnw)
* [Blog by Natalite Dinnick, Companies House, Spotting Signs of Excessive Stress and Burnout](https://civilservice.blog.gov.uk/2021/04/06/spotting-signs-of-excessive-stress-and-burnout/)
* Departmental Occupational Health and Employee Assistance Programme Providers (details on departmental intranet sites)

## General Tools and Resources

* [HSE Management Standards](https://www.hse.gov.uk/stress/standards/)
* [BBC Ideas - How to avoid emotional burnout](https://www.bbc.co.uk/ideas/videos/how-to-avoid-emotional-burnout/p08rwmd9)
* [BBC - Mental health: How to spot if you are suffering 'burnout'](https://www.bbc.co.uk/news/av/business-51141219)
* [BBC - All in the Mind Stress at work](https://www.bbc.co.uk/programmes/m0009zd3)
* [CMI - Ten ways leaders can reduce workplace stress](https://www.managers.org.uk/knowledge-and-insights/article/ten-ways-leaders-can-reduce-workplace-stress/)
* [CMI - How to support employees through burnout](https://www.managers.org.uk/knowledge-and-insights/advice/how-to-support-employees-through-burnout/)
* [Ted Talk - Steps to stop remote work burnout](https://www.ted.com/talks/morra_aarons_mele_3_steps_to_stop_remote_work_burnout)
* Ted Talk - [How burnout makes us less creative](https://www.ted.com/talks/rahaf_harfoush_how_burnout_makes_us_less_creative)

## Departmental Resources

DN: Departments to insert links to resources including Occupational Health and Employee Assistance information.