



## Civil Service

# 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.

### 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.

It has been shared with a number of stakeholders, including The Charity for Civil Servants where it is included on their [Burnout Hub](#).



### Other Civil Service Tools and Resources

- The Charity for Civil Servants: [Burnout Hub](#)
- The Charity for Civil Servants: [Smarter Working for your Wellbeing Hub](#)
- Civil Service Learning: [Resilience and Wellbeing](#)
- Civil Service Learning: [Stress](#)
- Blog: [Spotting Signs of Excessive Stress and Burnout](#) - Natalie Dinnick, Companies House.

### General Tools and Resources

- [HSE Management Standards](#)

#### BBC

- [How to avoid emotional burnout](#)
- Mental health: [How to spot if you are suffering 'burnout'](#)
- All in the Mind - [Stress at work](#)

#### CMI

- [Ten ways leaders can reduce workplace stress](#)
- [How to support employees through burnout](#)

#### Ted Talks

- [3 steps to stop remote work burnout](#)
- [How burnout makes us less creative](#)