

VTIC Hub Resources November 2022

WHAT'S NEW NOVEMBER - Theme: Supporting Wellbeing to Prevent or Overcome Fatigue, Mental Exhaustion, and Burnout

Introduction:

For the month of November, we are sharing information and resources on ways to help support wellbeing in the lead up to the busy festive season. Here you will find tips and advice on how to prevent fatigue, mental exhaustion, and burnout, and how stay both mentally and physically well during what can be a very stressful, busy, and challenging time of the year.

What is fatigue?

Fatigue is more than just tiredness. Fatigue can make it hard to get out of bed in the morning and prevent a person from fulfilling their daily tasks. Physical and mental fatigue are different, but they often occur together. Repeated physical exhaustion can lead to mental fatigue over time.

What is mental exhaustion?

Mental exhaustion is a feeling of extreme tiredness, characterized by other feelings including apathy, cynicism, and irritability. You may be mentally exhausted if you've recently undergone long-term stress, find it hard to focus on tasks, or lack interest in activities you usually enjoy.

What is burnout?

Burnout is a state of complete mental, physical, and emotional exhaustion. If you are experiencing burnout, you may notice it is difficult to engage in activities you normally find meaningful. You may no longer care about the things that are important to you or experience an increasing sense of hopelessness.

What is wellbeing?

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional, and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

Mindarma - Free online wellbeing program to enhance resilience and wellbeing:

Business Victoria is currently offering free access to the Mindarma Online Wellbeing Learning Tool. It is an easy-to-use program that can help you learn practical strategies to better manage difficult thoughts, uncomfortable emotions, and times of high stress. There are ten 15-minute modules to the program, all specifically designed to enhance mental health and grow business and personal resilience. Business owners and employees can register for free here <https://business.vic.gov.au/business-information/workplace-wellbeing/mindarma>

Wellbeing coaching support can help you to:

- Learn how to reduce stress in the moment
- Manage troublesome thoughts and feelings
- Motivate you to take the steps that can relieve stress and burnout
- Improve your relationships at work and home
- Rediscover joy and meaning that make work and life worthwhile
- Increase your overall health and happiness

Video resources: (find videos with tag Nov 2022 – video categories)

1. **How to stop feeling overwhelmed right now.** Even when you're feeling stressed and like you're losing control of your time, this “brain dump” strategy helps ground you in the present and make progress on the things that matter <https://www.youtube.com/watch?v=4zEBjqhwobA> (3:42 min)
2. How to Bounce Back from Burnout in 3 Simple Steps Ted Talk <https://www.youtube.com/watch?v=OHj38et5L04> (13:44 min)
3. **How can we improve mental fatigue?** Learn different strategies for maximizing mental energy and for revitalizing brain function <https://www.youtube.com/watch?v=JO9ZRHju4A4> (7:48 min)
4. **5 Ways to Wellbeing.** Easy and effective things you can do to help improve or look after your day-to-day sense of wellbeing and happiness in life <https://www.youtube.com/watch?v=6zPgJ7eq3LM> (2:00 min)
5. **Wellbeing self-care reset** mindful reflection exercise <https://www.youtube.com/watch?v=xctAGiXf0vM> (4:07 min)
6. **A Compassionate Hand for Residual Stress exercise:** this practise supports us to process and release residual stress and tension. It can be very helpful when we have had a stressful day or if we have absorbed challenging emotions from a situation or interaction <https://www.youtube.com/watch?v=iAFKuX0fU7Q> (8:16 min)

Web link resources:

1. What exactly is wellbeing and if it's good for us, how do we get more of it? <https://www.blackdoginstitute.org.au/resources-support/wellbeing/>
2. 5 Wellbeing and Mental Health Tips for Business Owners <https://hub.business.vic.gov.au/mental-health/five-wellbeing-and-mental-health-tips-for-small-business-owners/>
3. Causes of Fatigue and How to Manage It <https://www.healthline.com/health/fatigue#when-to-see-a-doctor>
4. Mental exhaustion symptoms, causes, and ways to cope <https://www.betterup.com/blog/mental-exhaustion>
5. Burnout Prevention and Treatment <https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>
6. Template to create your own wellbeing self-care plan https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/COVID-19_Self-Care-Planning_Black-Dog-Institute.pdf

Our workplace wellbeing consultant Dannii provides free and confidential one-on-one wellbeing coaching to business owners and staff. Wellbeing consultations to businesses and leadership teams, as well as training workshops are on offer to small businesses with up to 20 full-time staff or the equivalent. Dannii can be contacted on consultation@vtic.com.au or (03) 7035 5732.

For the current month Wellbeing topic go to:

<https://hub.vtic.com.au/business-support/mental-health-and-wellbeing/whats-new-this-month>

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