

Dealing with Burnout in Your Career

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Burnout can occur at any time in anyone's career for a variety of reasons, but it is usually something that time will take care of. Often a change in scenery (a new job, or new industry, or new location) can help, but it can take time to sort out what was the real cause and try to keep it from happening again.

Anything you can do to take the pressure off yourself will help you resolve a situation. For instance, if you are working too many hours and not finding time for home life – you may need to step back and work fewer hours (even if it means forgoing a promotion). Or if you have gotten bored with an industry or a company – you may need to make a major career change.

It's best to take some vacation time (1-2 weeks), and do some thinking to sort out what you really want to do next. Often the next thing to do will be easier to see if you are not in the day-to-day grind of the job. Try to do a mental review of how things were going during the past year, and think about what you want to do differently next year.

You might also want to talk to a mentor or to some of your professional network contacts. Make sure you include your immediate family in some of your planning. Then initiate an action plan to improve your situation and to make the necessary changes.