



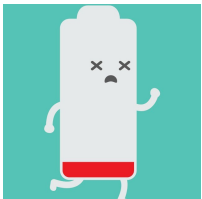
# February Newsletter

Bullying Prevention Consulting

As coronavirus is spreading across the globe, people are coping with a considerable amount of fear, worry and concern. There is a fear of contracting the disease; there is worry that the person you speak to is testing positive; and the concern if social distancing, washing hands incessantly and masking really work. Learning to cope with stress has become paramount to dealing with this disease.

When stress becomes overloaded, and progresses to the point that someone reaches a point of physical, emotional and mental exhaustion, and there is excessive stress-that person is experiencing burnout.

## Some physical symptoms of burnout are:



- Exhaustion
- Headaches
- Insomnia
- Muscle tension and pain
- Increased susceptibility to illness
- Chronic fatigue

## Some emotional symptoms of burnout are:



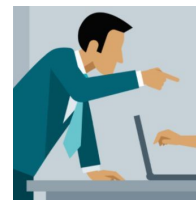
- Loss of emotional control
- Loss of coping skills
- Irritability
- Anxiety
- Social withdrawal
- Loss of self-esteem and self-confidence

## Some mental symptoms of burnout are:



- Inability to concentrate
- Forgetfulness
- Lacks motivation
- Detachment
- Inability to reach decisions

## Sounds familiar? If a person feels burnout then that person has a greater chance of being bullied.



- Being bullied causes stress
- The bully will exploit the person who feels burnt out to whatever the bully wants to accomplish.
- Being bullied involves a loss of control

Prevent burnout by taking immediate action, and getting support as soon as you recognize the stress signs. Bullying that is unrecognized can lead to burnout on the job.

We want to stop this cycle of behavior!