



Mental Health Awareness: Preventing Burnout

COVID-19 has shifted our entire way of living, and impacted our mental and physical health and wellbeing. The way we work, worship, and socialize has changed. People are having to work odd hours, especially those small with children at home; and it has become increasingly more difficult to “log off” and separate from work, causing the workday to seem longer.

In addition, many of us have also become homeschool teachers, afterschool program instructors, and fitness coaches. All while conducting church services, bible studies, new member orientations, and weddings. With this increased activity, we’re all becoming more vulnerable to short tempers, interrupted sleep patterns; and ultimately, burnout. Here are some tips to avoiding burnout:

- Differentiate between family time and work hours.
- Set a time to end the workday and stop working at that time.
- Make each day different than the last – the changes can be small like changing breakfast choices or coffee/tea choices, meeting schedules, etc.
- Make time for naps/rest periods, and personal time during the day – read a chapter in your favorite book, listen to music that inspires you or makes you happy
- Take care of yourself – stay hydrated, engage in physical exercise (hiking/walking/jogging/cycling, stretching), practice mindfulness (breathing exercises, meditation)

We are all grieving what was familiar. And, it will take time for us to move through those emotions. As you navigate this new “normal” and prepare your faith community to do the same, remember, we are here for you. Our warmline remains open from 10am to 6pm daily. If you or a member of your faith community need support, please don’t hesitate to call us at: **408.453.0400, ion1** or visit our resource page at www.namisantaclara.org. County resources are as follows:

Mobile Crisis Response Team - **1-800-704-0900 Press 2**

Santa Clara County Suicide & Crisis Hotline - **1-855-278-4204**

24/7 Behavioral Health Services Department Call Center: **(800) 704-0900**

Crisis Text Line: Text **RENEW** to **741741**

Suicide Crisis Hotline 24/7: **(855) 278-4204**

Check and subscribe to Public Health’s website and social media pages: Website: <http://sccphd.org>

Facebook: <https://www.facebook.com/sccpublichealth>; Instagram: @scc_publichealth