

HOW TO MANAGE BURNOUT IN BIPOC COMMUNITIES



REACH OUT TO THOSE CLOSEST TO YOU

BIPOC communities tend to experience various socioeconomic factors that can often increase stress and cause burnout over time. Burnout can cause symptoms of withdrawal from daily routines and responsibilities. When that happens, reaching out to close friends, family, coworkers, or mental health professionals can provide support and help decrease stress levels.



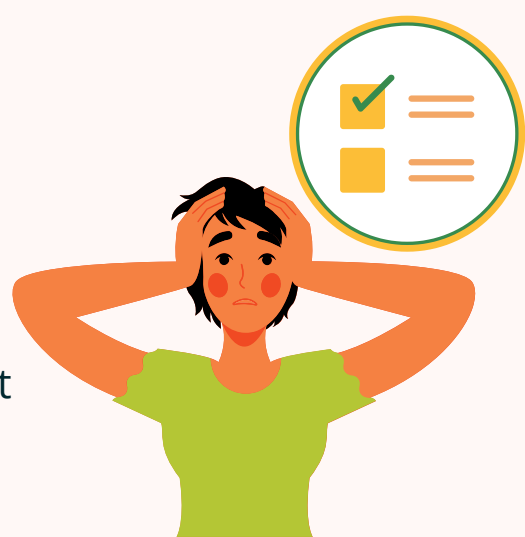
FIND A WORK/LIFE BALANCE

Burnout can be caused by an unhealthy work/life balance. Oftentimes dealing with work stressors like being overworked and underpaid, or feelings of isolation as a person of color can cause extreme stress. Therefore, reframing the way you look and prioritize work and other life responsibilities can be key to help avoid burnout symptoms.



REEVALUATE YOUR PRIORITIES

Communities of color are constantly prioritizing other needs over their personal wellbeing, which can feel overwhelming. Therefore, it's important to check in with yourself and reevaluate where you are mentally, emotionally and physically. That may involve setting social and emotional boundaries and reprioritizing activities that help support your mental wellbeing.



TRY MINDFUL ACTIVITIES

Facing constant racial trauma can cause prolonged stress. Therefore, activities like meditation and yoga can help with symptoms of burnout by activating the body's relaxation response, a state of restfulness that can relieve the underlying stress that causes burnout.



Check out these helpful resources to learn more about [BIPOC communities](#) and [self care](#). For more information visit www.adaa.org