



NEWSLETTER

Work burnout



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WORK BURNOUT

Burnout is commonly defined as a state of physical and emotional exhaustion resulting from prolonged exposure to high levels of stress or excessive demands. It is characterized by symptoms such as fatigue, irritability, diminished productivity, and a pervasive sense of disillusionment. Those affected by burnout often experience feelings of cynicism and emotional detachment from their work or responsibilities. Essentially, burnout signifies a condition of mental and physical depletion, marked by a significant decline in motivation and a reduced capacity to perform at optimal levels.

The primary factor contributing to burnout is individual characteristics, which can be categorized into three key areas: gender, age, marital status, and education (Marisa, 2021). Abu Saïd & Abu Hurairah Stated that the Prophet (PBUH) said, "No fatigue, nor disease, nor anxiety, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that" (Al-Bukhari and Muslim).

Muhammad Abbas,

Child & Clinical psychologist, team member SPSC

Burnout and physical health

Mlik Nohman, Clinical Psychologist & Associate consultant, team member SPSC

The WHO defines burnout as chronic stress that has not been successfully managed. People experience variety of symptomology and that varies from person to person. It is important to know what happens in our body during burnout. The condition of burnout is associated with biochemical changes including raised serum cortisol levels, which causes different symptoms. Cortisol is a key hormone which plays a vital role in our health.

Cortisol regulates various important functions encapsulating sleep, digestion, suppressing inflammation, regulating blood pressure and blood sugar. Since cortisol prepares us to face threats, so we produce more cortisol when we are stressed. The high levels of cortisol from long term stress causes not just type 2 diabetes but has also been linked to brain shrinking and memory difficulties. It also increases blood cholesterol and triglycerides which are common risk factors for heart disease.



Featured this edition

Prof. Dr. Uzma Masroor is a Professor and practitioner of Clinical Psychology. She is a Consultant Psychologist for the SPSC and a professor in the Department of Clinical Psychology at STMU. She holds a PhD in Clinical Psychology and is a certified psychotherapist, with over 25 years of clinical experience along with key benchmarks in academia.

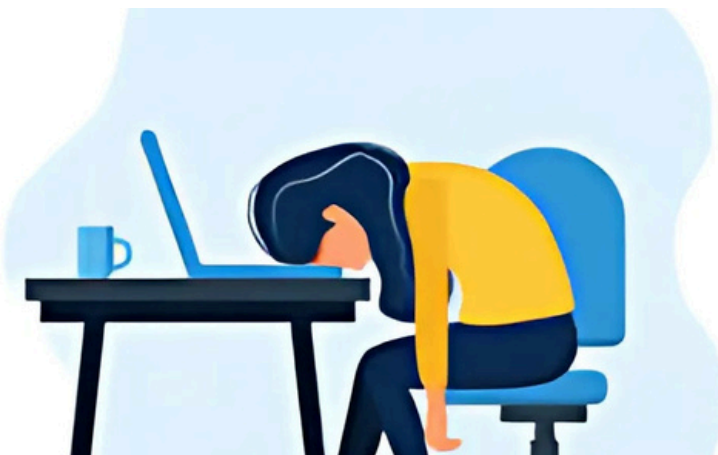
Did you know?

Dr. Uzma is a family-oriented woman and a good cook as well. Her favorite color is "mustard", and she likes "Obsession" perfume. She has a deep appreciation for poetry, particularly the works of Mohsin Naqvi and Jaun Elia. Below is a selection from her own poetry:

جدائی کے خدشات کے باعث نہ مل سکے
فرسودہ روایات کے باعث نہ مل سکے

وہ ایک بات جس کو تم نے کہہ کے دم لیا
پھر یوں ہوا اس بات کے باعث نہ مل سکے

یا احتجاجاً اُس سے رہے تھے گریز پا
یا شدت جزبات کے باعث نہ مل سکے





The Art of Failing and Getting Back Up

*Dr. Wardah Ishfaq,
Clinical psychologist, team member SPSC*

Embracing Resilience: In a world that often glorifies success and celebrates the pinnacle of achievement, failure is frequently relegated to a shadowy corner, shrouded in shame and stigma. Yet, failure, in its many forms, is an inevitable and essential component of the human experience. The art of failing and getting back up is not merely about enduring setbacks but mastering the resilience required to transform those setbacks into stepping stones toward growth and success. This art is both a profound personal journey and a universal truth, intricately woven into the fabric of progress and achievement.

Understanding Failure: Failure is a deeply personal and subjective experience. It might manifest as a missed deadline, a failed exam, a business venture that doesn't pan out, or a personal goal left unmet. Regardless of the form it takes, failure disrupts our expectations and challenges our self-perception. It's important to recognize that failure is not an end but rather a part of the process, it is a valuable feedback mechanism that signals the need for change, adjustment, or re-evaluation.

The Process of Resilience: Resilience is the ability to bounce back from adversity, and it's a critical component of the art of getting back up after failure. Developing resilience involves several key elements:

Acceptance: The first step in overcoming failure is acceptance. Acknowledging the reality of the situation allows us to move past denial and begin addressing the issues at hand.

Reflection: After acceptance, reflecting on the failure is crucial. What went wrong? What could have been done differently? This process of introspection helps in understanding the factors that contributed to the failure and in identifying areas for improvement.

Adaptation: Based on reflection, adaptation involves making necessary changes or adjustments. This might mean altering strategies, acquiring new skills, or adjusting goals. Adaptation is about using the lessons learned to improve future outcomes.

Action: Finally, resilience requires action. It's one thing to learn from failure and another to apply those lessons. Taking proactive steps, setting new goals, and moving forward with renewed determination are essential for overcoming setbacks.

Cultivating Resilience: Building resilience is a continuous process, and there are several strategies that can help:

- **Embrace Failure as a Learning Opportunity:** Shift your perspective to view failure as an integral part of the learning process. Each failure provides insights that can guide future efforts and innovations.
- **Develop a Support Network:** Surround yourself with supportive friends, family, and mentors who can provide encouragement, advice, and perspective during challenging times.
- **Practice Self-Compassion:** Be kind to yourself. Recognize that failure is a universal experience and does not define your worth or potential.

Thank you for reading!