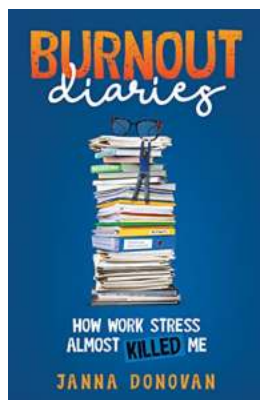


Burnout Diaries: How Work Stress Almost Killed Me

Have you ever found yourself constantly exhausted, overwhelmed, and on the brink of a mental breakdown due to work stress? I certainly have. In this article, I will share my personal experience with burnout, how it almost destroyed my life, and the lessons I learned along the way.

Work-related stress is an increasingly common problem in today's fast-paced and demanding society. Many individuals feel the pressure to constantly perform at their best, resulting in long working hours, high expectations, and little time for self-care.

The consequences of unchecked work stress can be severe. In my case, it led to a state of burnout that nearly took everything away from me. It is a journey I will never forget.



Burnout Diaries: How Work Stress Almost Killed

Me by Janna Donovan (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2402 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 276 pages
Lending	: Enabled



The Warning Signs

Looking back, there were clear warning signs that I ignored. The constant fatigue, difficulty sleeping, and loss of interest in activities I once enjoyed were all early indicators that something was wrong. However, my determination to keep pushing forward blinded me to the seriousness of the situation.

The long hours spent at the office turned into sleepless nights filled with anxiety and panic attacks. My relationships suffered, and I became increasingly isolated. I lost sight of who I was outside of work, and my physical and mental health deteriorated.

The Breaking Point

It was a typical Monday morning when I hit my breaking point. The moment I woke up, I couldn't bring myself to get out of bed. The thought of facing another day at work overwhelmed me to the point of paralysis. My body and mind had had enough.

Unable to take it anymore, I made the difficult decision to take a leave of absence from work. It was time to prioritize my well-being and start the journey towards recovery.

The Road to Recovery

Recovery from burnout is a slow and often frustrating process. It requires a combination of self-care, therapy, and making significant changes to one's lifestyle.

I started by seeking professional help and engaging in therapy sessions. It was through therapy that I learned to set boundaries, prioritize my needs, and identify

the root causes of my work stress. Slowly, I began to rebuild my life and find joy in activities outside of work.

Additionally, I adopted a healthier lifestyle by incorporating regular exercise, practicing mindfulness, and dedicating time to hobbies and relaxation. I discovered the importance of taking breaks, setting realistic goals, and asking for support when needed. Most importantly, I learned to put myself first.

The Lesson Learned

The biggest lesson I learned from my experience with burnout is the importance of self-care. It is not selfish to prioritize your well-being. In fact, it is necessary for your long-term success and happiness.

Work stress can have devastating effects on both your physical and mental health. It is crucial to recognize the warning signs and take action before it's too late. Remember, your worth is not determined solely by your job performance.

Burnout is a silent enemy that can creep into anyone's life. My personal journey taught me the importance of recognizing work stress and taking the necessary steps to prevent burnout.

Remember, you are not alone. Seek support, practice self-care, and make your well-being a priority. Don't let work stress consume your life. Take control, and let your recovery be the start of a healthier, happier you.

Burnout Diaries: How Work Stress Almost Killed

Me by Janna Donovan (Kindle Edition)

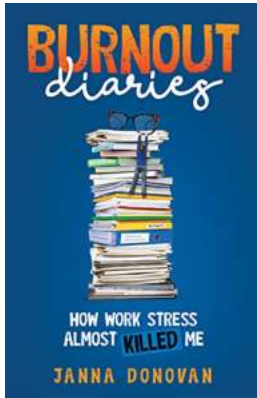
★★★★☆ 4.8 out of 5

Language : English

File size : 2402 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 276 pages
Lending : Enabled



□□□□ "Could take place in any industry, and anywhere in the world!" - Amazon Vine Review

BURNOUT DIARIES is the gritty, personal account of Janna Donovan, a marketing manager who found herself battling burnout in a foreign country.

It details the distrust, shame, secrecy, and over-work that eventually led to panic events, depression, and plans for suicide.

The story reads more like a novel than a business book. It's funny and tragic and "Did she really go there?" rolled into one fascinating true story, making the pain at once recognizable and the advice actionable.

The wisdom and lessons are wrapped in an explosive package of honesty and secret-busting revelations. One minute, it reads like a travel guide, with up close and personal memories of exotic places. The next minute, it is intimate and tender, letting the reader in on every thought and anxious emotion at home and at the office. Finally, when the dust settles and the danger has passed, the advice is

smart, realistic and based in a sincere understanding of human development and brain science.

This book is based on Janna Donovan's personal diaries, so it is different from other business stress books. Empathy and compassion jump off the page as the author outs herself, broken heart and all.

Janna is a successful business manager who has worked for a multinational company, a dot-com startup, and an established retailer. She now works in her own counseling practice, helping individuals with high amounts of work stress and worry. She left business to become a licensed counselor and work stress therapist, after seeing firsthand what anxiety disorders, depression and burnout do to people.

She shares what she went through and works to answer the question, "Why am I like this?" See how she developed more confidence, courage and clearer thinking. See how she kicked her work stress habits for good.

Her experience can help you break up with anger, resentment, anxiety and guilt!

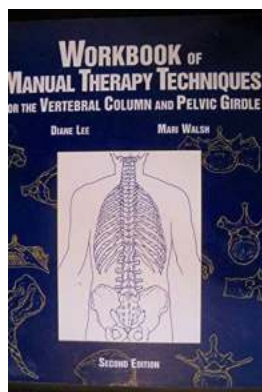
Readers who would benefit from reading this book:

- Tired professionals who feel like what they do is never enough
- Power contributors who take on twice the workload of their peers
- People who experience unhealthy work stress in any job worked
- Managers who don't understand why delegation feels impossible
- Anyone who loves a workaholic

Click “Add to Cart” now and challenge the lies and secrecy of burnout, depression and workplace stress. Get back to living your life.

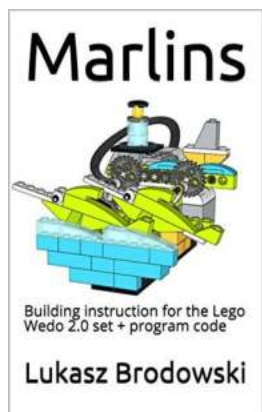
What others say:

“Compelling story, wonderful writing, courageous honesty and an important cautionary tale about Burnout. Enthusiastically recommended!” -David Posen, M.D., Author of *Is Work Killing You?*



The Workbook Of Manual Therapy Techniques: Empowering Therapists and Enhancing Patient Outcomes

Manual therapy techniques have been utilized for centuries to aid in the management of various musculoskeletal conditions and to promote overall well-being. Therapists...



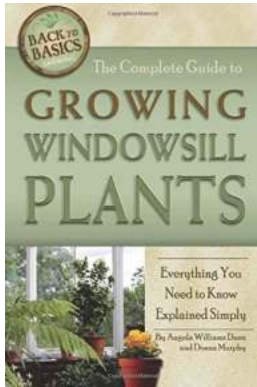
Discover the Ultimate Building Instructions for the Lego WeDo Set Program Code!

Are you ready to take your Lego-building skills to the next level? Explore the endless possibilities of Lego WeDo Set Program Code with our comprehensive building...



The Easy Chocolate Cookbook: Yummy Easy Chocolate Recipes

Introducing The Easy Chocolate Cookbook Who doesn't love chocolate? Its rich, decadent flavor is irresistible to many, making it the ultimate treat. If you're a chocolate...



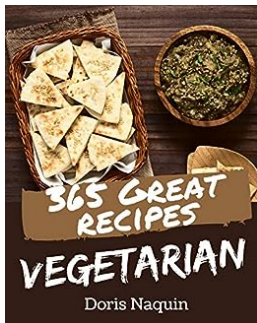
Everything You Need To Know Explained Simply

Have you ever found yourself drowning in a sea of complex information, desperately searching for a simplified explanation? Well, look no further! In this comprehensive...



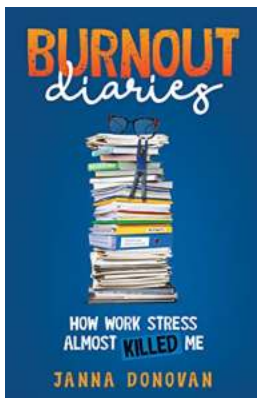
The Best Ever BBQ Appetizer Cookbook - Delicious Recipes for Grilling Enthusiasts

Are you a grilling enthusiast looking to impress your guests with mouthwatering appetizers? Look no further than "The Best Ever BBQ Appetizer Cookbook"!...



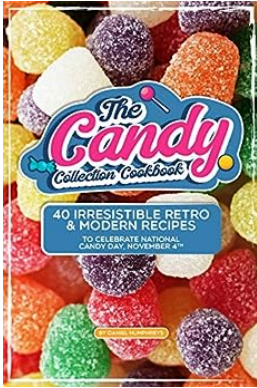
The Ultimate Guide: Discover the Greatest Vegetarian Cookbook of All Time!

Are you tired of searching for delicious and nutritious vegetarian recipes? Look no further! In this article, we will introduce you to the greatest vegetarian...



Burnout Diaries: How Work Stress Almost Killed Me

Have you ever found yourself constantly exhausted, overwhelmed, and on the brink of a mental breakdown due to work stress? I certainly have. In this article, I will share my...



Discover the Sweet Delights in The Candy Collection Cookbook - Perfect for Any Dessert Lover!

Who doesn't have a sweet tooth? For those who find joy in indulging in sugary delights, The Candy Collection Cookbook is a must-have addition to your kitchen library....