

Resources Sheet – Recharge, reset – finding your way back from burnout

Further reading and resources

- *Thriving, Not Just Surviving: Recognizing Burnout and Simple Tips to Start Feeling Better* (article), <https://pmc.ncbi.nlm.nih.gov/articles/PMC9126333/#s6>
- *How to recover from burnout and regain a sense of purpose* (article), <https://psyche.co/guides/how-to-recover-from-burnout-and-regain-a-sense-of-purpose>
- *Burnout Recovery Timeline: What Actually Works to Heal Faster* (article), <https://www.reachlink.com/advice/stress/burnout-recovery-timeline/#week-by-week-what-burnout-recovery-actually-looks-like>
- How to Prevent Employee Burnout, <https://www.gallup.com/workplace/313160/preventing-and-dealing-with-employee-burnout.aspx>
- Podcast Episode – *FRIED. The Burnout Podcast* Redefining Productivity: Why Rigor Turns Into Burnout, with Dr. Natalie Nixon, <https://podcasts.apple.com/us/podcast/redefining-productivity-why-rigor-turns-into-burnout/id1469939920?i=1000778376126>
- Podcast Episode – *The Happiness Lab with Dr Laurie Santos: Burnout and How to Avoid It*, <https://podcasts.apple.com/us/podcast/burnout-and-how-to-avoid-it/id1474245040?i=1000551538495>
- Huberman Lab Episode – *How to Control Your Cortisol and Overcome Burnout*, <https://www.youtube.com/watch?v=lbj1k3IZTNU>

Self-assessment

- Maslach Burnout Inventory (MBI) (Burnout Self-Test), https://www.amandarocheleau.com/files/ugd/43dbc6_e6de7c2d98b4421ba5448724082bc2b8.pdf

Booklets and blog posts from First Psychology

- *The Stress Factor – Your Guide to Stress*, pdf booklet, <https://www.firstpsychology.co.uk/files/stress-booklet.pdf>
- *Sleep Better, Feel Better – The Connection Between Sleep and Mental Health*, pdf booklet, <https://www.firstpsychology.co.uk/files/sleep%20booklet-g.pdf>
- First Psychology blog post: *From burnout to brilliance*, https://www.firstpsychology.co.uk/blog-detail?Blog_id=113

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- HSE Statistics: https://www.hse.gov.uk/statistics/assets/docs/hssh2425.pdf?utm_source=chatgpt.com
- ICD-11 (Burnout): <https://icd.who.int/browse/2025-01/mms/en#129180281>