

4 Proven Strategies for Preventing Burnout

BOOST PRODUCTIVITY, PERFORMANCE,
MORALE AND GROWTH.

Vancouver Foodie Tours



TEAM BURNOUT

Do you have a sneaking suspicion that your team is burning out? Are the sick days mounting up? Attitudes deteriorating? Work quality declining? Well, here's the first thing you should know: burnout is about your workplace, not your people. And here's the second thing: you're far from alone. According to a recent CNBC poll, work-related burnout is at an all-time high; **69% of workers** are reporting symptoms of burnout.

We tend to consider burnout as an individual problem, solvable through "saying no", practicing yoga, and breathing deeply. As a result, our self-help to-do lists are endless. However, mounting evidence shows that applying individual band-aid solutions to this rapidly evolving workplace phenomenon is only making things worse.



THREE IN FIVE EMPLOYEES REPORT WORK-RELATED STRESS NEGATIVELY IMPACTS PERFORMANCE



Image source: 2021 American Psychological Association

4 STRATEGIES FOR PREVENTING TEAM BURNOUT

Did you know that the World Health Organization now recognizes **burnout** as an “occupational phenomenon”? This formally shifts the responsibility for the problem from the individual to the organization. Creating a healthy workplace culture that values work-life balance is the answer. Leaders, it's now on *you* to construct a burnout prevention strategy. Fortunately, you have this guide to creating a lower-stress workplace to prevent burnout!

1 ADJUST WORKLOADS

Did you know that adopting remote work settings has lengthened the average workday by **48.5** minutes? However, these longer days are clearly not sustainable. Redistribute the workload and check in with your employees to ensure they aren't working longer days than they should.

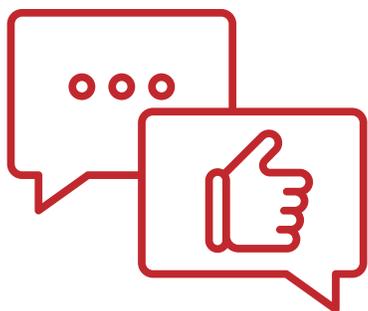


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2 ALLOW MORE FLEXIBILITY

Shift focus to results and away from who is logged on and working at least eight hours each day. For some employees, productivity and engagement skyrockets outside the traditional 9-5 schedule. In fact, you could see an increase in productivity by **10%** if you allow your team flexibility in their schedules.



3 START CONVERSATIONS, GET FEEDBACK

Ask your employees how you can help relieve their work stress. If you don't let them know that you're there to help, they might not come to you on their own.

4 TEAM-BUILDING EVENTS

Team building is one of the best ways to boost your team and prevent burnout. Getting everyone out of the office for the day provides a break from routines and daily stressors, creates connections, and builds a culture of fun.





HARNESS THE POWER OF PLAY

Finally, here are a few more thoughts regarding strategy #4. To pull off a team-building event that actually works, you have to ensure that it really, truly is an opportunity to play. When we incorporate fun, delight, and intrigue into the workday, we give ourselves a chance to recharge and return to our work refreshed. So, what are some great team-building activities in Vancouver?

VANCOUVER FOODIE TOURS TEAM-BUILDING EVENTS

We have one really great suggestion for doing this: bring your team on a Vancouver Foodie Tour! Our team's whole job is to facilitate unforgettable experiences for your team. We are *all* about Vancouver team building. That means you can sit back and enjoy every sip, bite, sight, and sensation, knowing that your team is only growing stronger and more connected.





WANT MORE?

[SCHEDULE A MEETING](#)

[VISIT WEBSITE](#)

Our Granville Island Market Tour and Authentic Asian Eats Tour are built on a passion for bringing people closer together, showing the common ground we share, and helping people appreciate Vancouver, one of the greatest cities in the world.

These tours start at CAD \$89.99. If you feel like this could be a valuable part of your team burnout prevention strategy, please check out the team building section on our website or schedule a meeting below.

Here's to a happier and more productive workplace that truly values people!