



Prevent mental health burnout in the workplace

What is mental health burnout?

Mental health burnout is a serious issue with serious physical and psychological health risks. In the workplace, it is the result of excessive work-related stress that leads to burnout and an overwhelming feeling of mental fatigue. Symptoms of burnout include feeling:

- Overwhelmed
- Unmotivated
- Disconnected
- Like your work is never done

Identifying the causes and signs of burnout can help prevent it before it reaches its peak.

Why mental health burnout prevention in the workplace is important

Mental health burnout is more than just a feeling. It can have serious consequences for the individual experiencing it as well as their colleagues and employers. Preventing employee burnout is essential to maintain a productive and supportive workplace. Some risks of not addressing burnout may include:

- Increased absenteeism
- Employee turnover
- Low job satisfaction
- Decreased productivity
- Potential legal issues

All of these can add up to a loss of funds and resources for companies that don't actively work toward preventing burnout. Tackling this problem by implementing prevention methods and providing a supportive work environment can help create a happier and healthier workplace.

Practical tips to prevent mental health burnout

- Prioritize rest and self care
- Take breaks throughout the day
- Use vacation time.
- Set boundaries and stick to them.
- Have a hobby.
- Eat a balanced diet and exercise regularly.
- Combat negative thinking.
- Break large tasks into smaller steps.
- Ask for help.



Superfood of the Month: Walnuts

What are they?

Walnuts are the round, single-seed stone fruits of the walnut tree. They ripen between September and November in the northern hemisphere.

Why should I eat them?

- They are an excellent source of antioxidants that can help lower your LDL (bad) cholesterol.
- They are a good source of the plant form of omega-3 fat, which may help reduce the risk of cardiovascular diseases and conditions.
- They help decrease inflammation which is a key culprit in chronic conditions.
- They nourish both you and the beneficial bacteria that live in your gut.
- They may reduce your risk of certain cancers.

What do I do with them?

You can eat walnuts raw, toasted, or soaked. You can eat them plain or add them to many dishes. You can sprinkle them on salads or chop them and add them to breads, wraps or sandwiches. You can also crush them and use them as a coating for fish or chicken.

Tips for buying and storing

The best way to store walnuts is in an airtight container in a cool, dry place. You can store them in the refrigerator for up to three months or in the freezer for up to a year.



Cheese Tortellini with Walnut Pesto

INGREDIENTS

- 1 cup walnuts
- ⅓ cup lightly packed flat-leaf parsley with thick stems removed
- 2 cloves garlic (smashed)
- 3 tablespoons grated Parmesan cheese (plus more for serving)
- ½ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon fresh-ground black pepper
- 1 pound fresh or frozen cheese tortellini
- 1 tablespoon butter

PREPARATION

1. In a food processor or blender, pulse the walnuts, parsley, garlic, Parmesan, oil, salt, and pepper to a coarse puree.
2. In a large pot of boiling, salted water, cook the tortellini until just done, about 4 minutes for fresh and 12 minutes for frozen. Reserve 1/2 cup of the pasta water. Drain the tortellini. Toss with 1/4 cup of the reserved pasta water, the walnut pesto, and the butter. If the pasta seems dry, add more of the reserved pasta water. Sprinkle with additional Parmesan and pass more at the table.

<https://www.foodandwine.com/recipes/cheese-tortellini-walnut-pesto>