



Burnout Prevention & Management

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged work-related stress. It can manifest in various ways, including compassion fatigue, depersonalization, and feelings of inefficacy.

Fear Free Strategies for Preventing Burnout



1 Structure your day to incorporate Fear Free self-care techniques.

- Practice mindfulness or deep breathing to stay present and centered during challenging moments.
- Engage in positive reinforcement for both yourself and your team to create a culture of encouragement.
- Establish boundaries to maintain a healthy work-life balance and prevent compassion fatigue.
- Take microbreaks throughout the day to reset and avoid mental fatigue.

2 Integrating Fear Free into your mindset.

- Reflect on how your personal values align with Fear Free principles.
- Seek opportunities to apply Fear Free techniques in daily tasks, from handling to team communication.
- Advocate for a workplace culture that prioritizes emotional wellbeing, stress reduction, and positive reinforcement.



3 Support your physical wellbeing.

- Engage in regular movement to reduce stress and increase resilience.
- Maintain a well-balanced diet that sustains your energy and mental clarity.
- Prioritize rest and recovery to maintain long-term wellbeing.

4 Find purpose and fulfillment in your work.

- Identify how your role contributes to Fear Free's mission and the human-animal bond.
- Reflect on the positive impact you make in reducing fear, anxiety, and stress in animals.
- Create a daily ritual (journaling, gratitude, or personal reminders) to reinforce your sense of purpose.

5 Strengthen your social support.

- Incorporate Fear Free communication strategies to foster supportive and collaborative workplace interactions.
- Seek support when needed—whether from colleagues, industry peers, or trusted networks, open communication fosters a healthier work experience.