

Approximately half of Australian employees suffer from workplace burnout.

This leads to a costly health burden to both individuals & businesses through lost productivity, absenteeism & compensation.

\$300BIL
GLOBAL ANNUAL COST



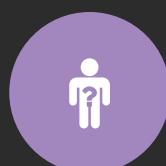
\$4 PRODUCTIVITY
SAVINGS PER
\$1 IN INTERVENTION

Common signs of burnout include:



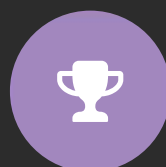
EMOTIONAL EXHAUSTION

Feeling emotionally drained: "all used up" like you don't have anything else to give.



DEPERSONALIZATION

Feeling like an object, number or statistic rather than a unique and valuable human.



LACK OF ACCOMPLISHMENT

Feeling like your efforts are not appreciated or recognised by your employer & others.

Exercise is an effective intervention for reducing burnout and stress.

It can be engaged at an individual or organizational level.



CARDIO:

Cardiovascular exercise reduces negative feelings (e.g., emotional exhaustion and depersonalization).



RESISTANCE:

Resistance exercise promotes positive aspects of well-being & accomplishment.

Regular exercise (3x30mins a week) is an **effective treatment** for burnout, and reduces perceived psychological stress.

CONCLUSION