

 **ICE** 2022 | 54<sup>TH</sup> INTERNATIONAL  
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**LEADING PEOPLE;  
GROWING NATIONS**

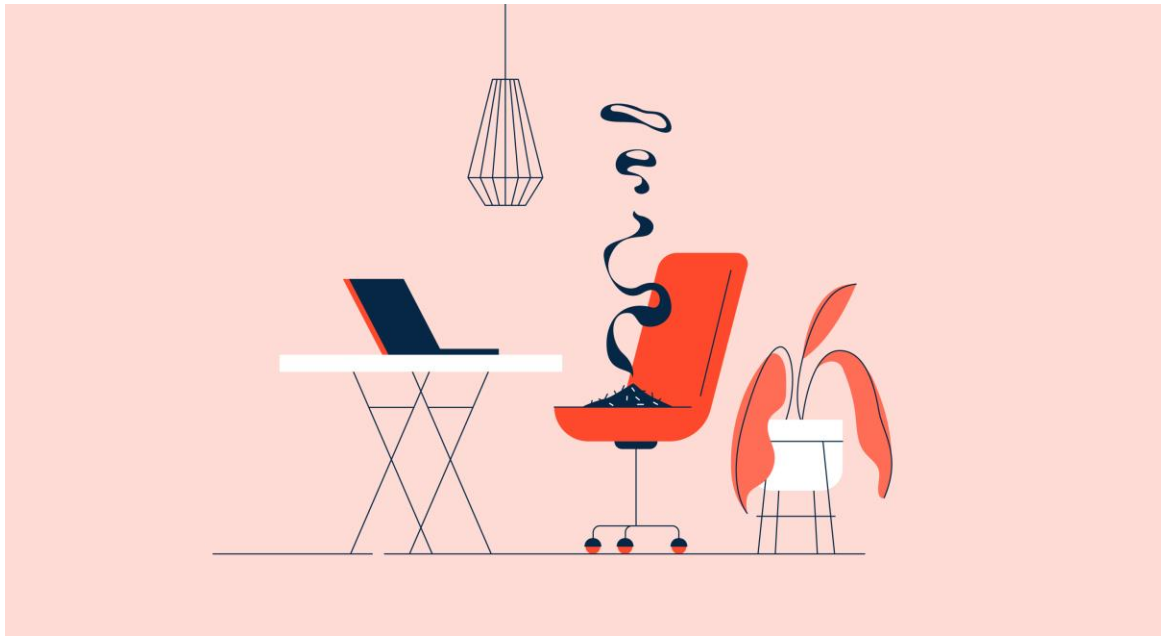


**VENUE**

Obi Wali International Conference Centre,  
Port Harcourt, Rivers State

**DATE**

October 17 - 21, 2022



# Preventing and Managing Burnout in Challenging Times

BY

**Dr Gbenga Adebayo** MBChB (*Ife*) MPH (*HebrewU*)

# Meet Me

3

- ▶ CEO, Livinghealth International
- ▶ Board Member Emergency, Crisis, and Risk Management Institute of Nigeria 2010 - 2012
- ▶ Creator and host: Livinghealth TV (<http://bit.ly/LivingTV>)
  - ▶ Hosts 1<sup>st</sup> online Pidgin English Educational Health Show
- ▶ Blogger : <http://gbengaadebayo.com>
- ▶ Management Consultant: 15+ years
- ▶ Editor: VHPO, International Union for Health Promotion and Education (IUHPE)
- ▶ Lecturer, University of Medical Sciences



# A FEW CLIENTS...



# Talking points

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- ▶ The scale of the problem
- ▶ Causes
- ▶ Symptoms
- ▶ Mitigation and solutions



# What do you see?

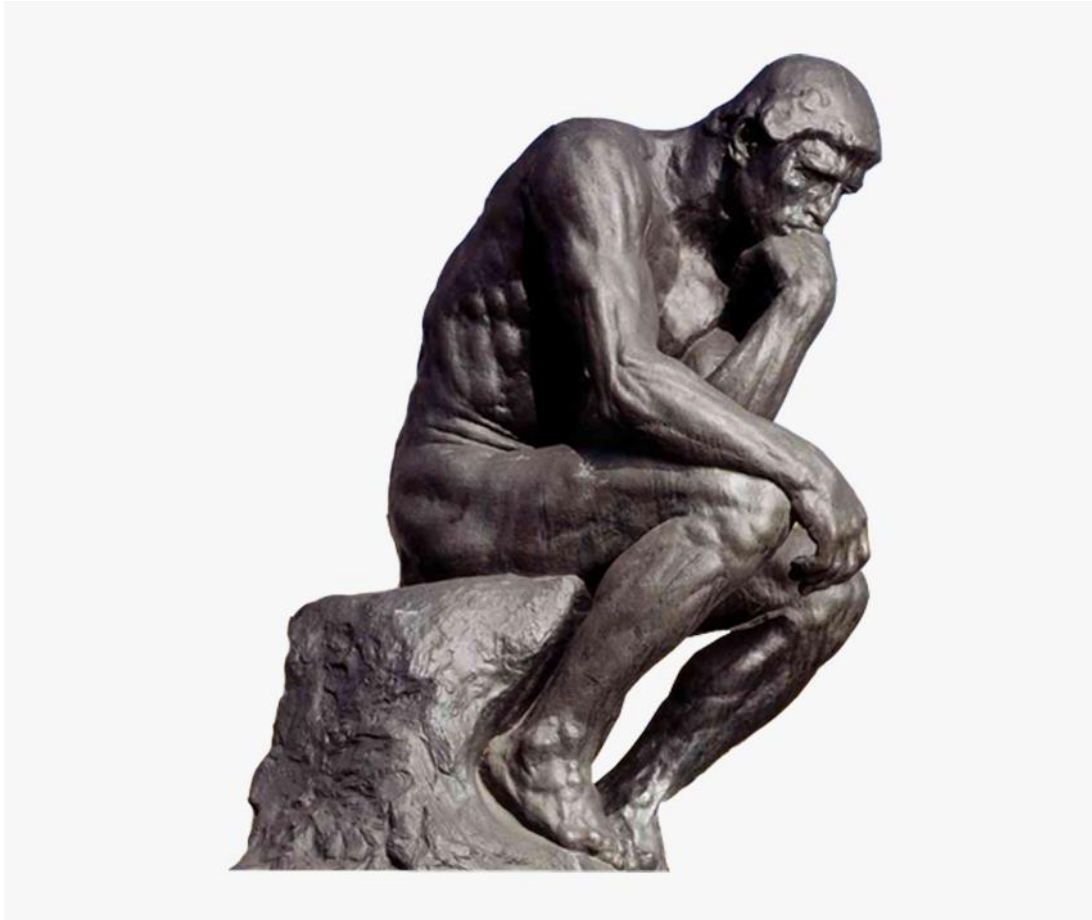
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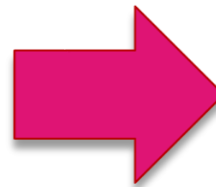
# What is “burnt out”?

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# What is “burnt out”?

Burnout is a state of emotional, physical, and mental exhaustion caused by **excessive and prolonged stress.**





# Scale of the problem

## Most Employees Experience Burnout at Work

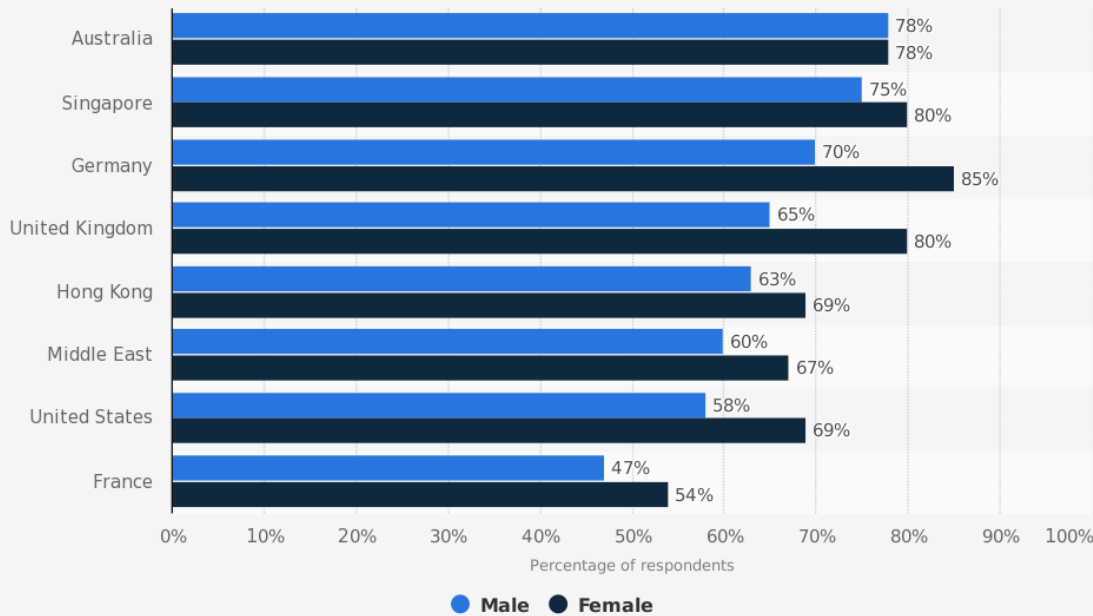
Please indicate how often the following is true for your job: You feel burned out at work.



GALLUP

# Scale of the problem

**Percentage of total burned out financial professionals in selected countries in 2014, by gender**



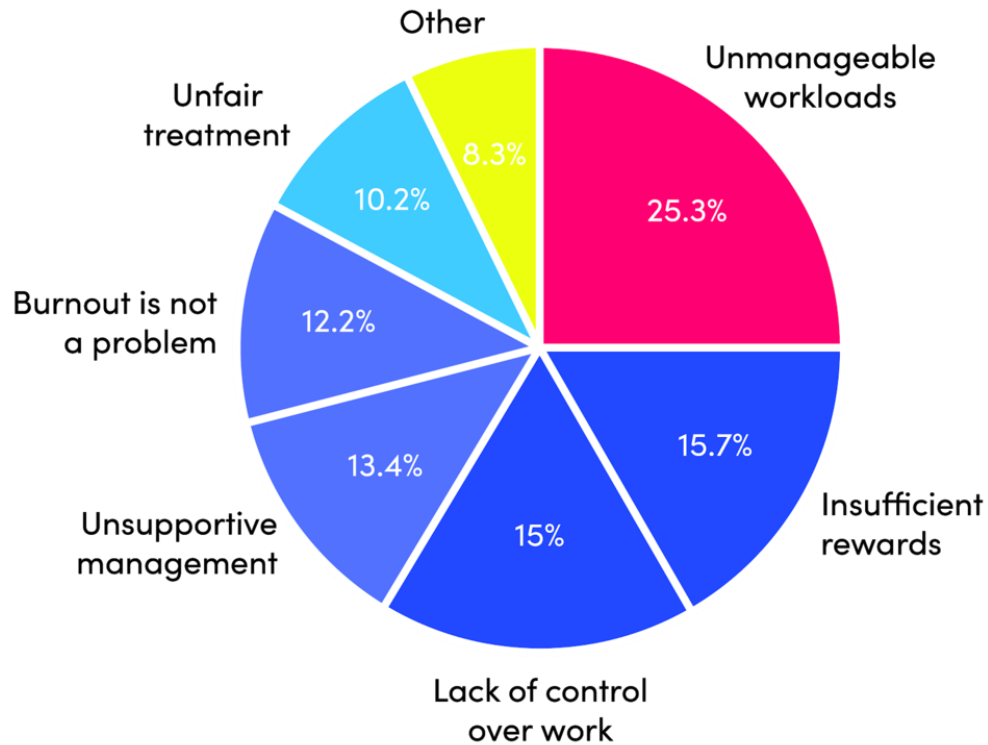
Source  
 eFinancialCareers  
 © Statista 2018

Additional Information:  
 2014; 9,000 finance professionals

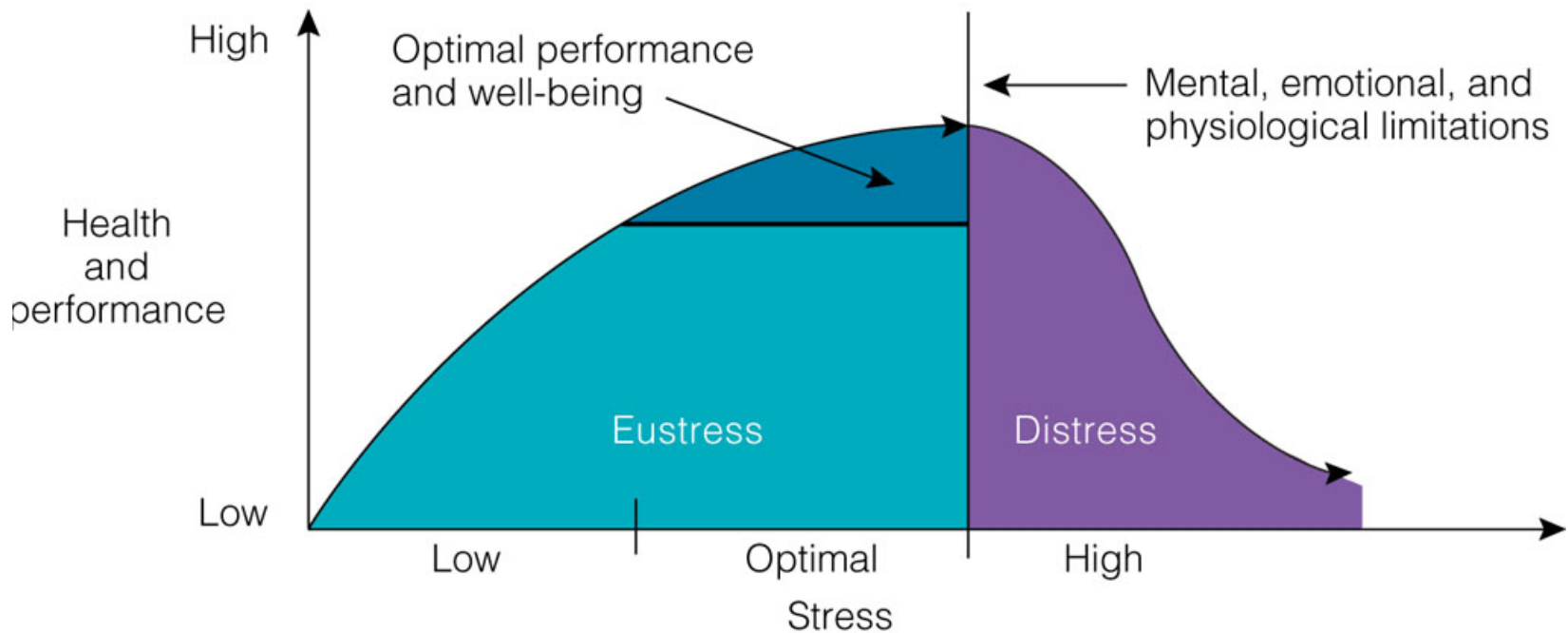
**\$322bn**  
 Annual cost to the  
 global economy

# Etiology

## Reasons for **BURNOUT** in the workplace



# Stress vs Health vs Productivity



© 2005 Wadsworth - Thomson

# Symptoms

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- ▶ Physical symptoms
- ▶ Mental symptoms
- ▶ Behavioural symptoms
- ▶ Emotional symptoms





# Symptoms



Exhaustion



Dreading work



Trouble sleeping



Depression



"Drowning"



No time for non-work-related things




# Symptoms

1 

Decreased productivity and quality of work

2 


Withdrawn and disengaged

3 

Doubtful and complaining

4 


Hostility and inflexibility

5 

Exhaustion and drained out

6 

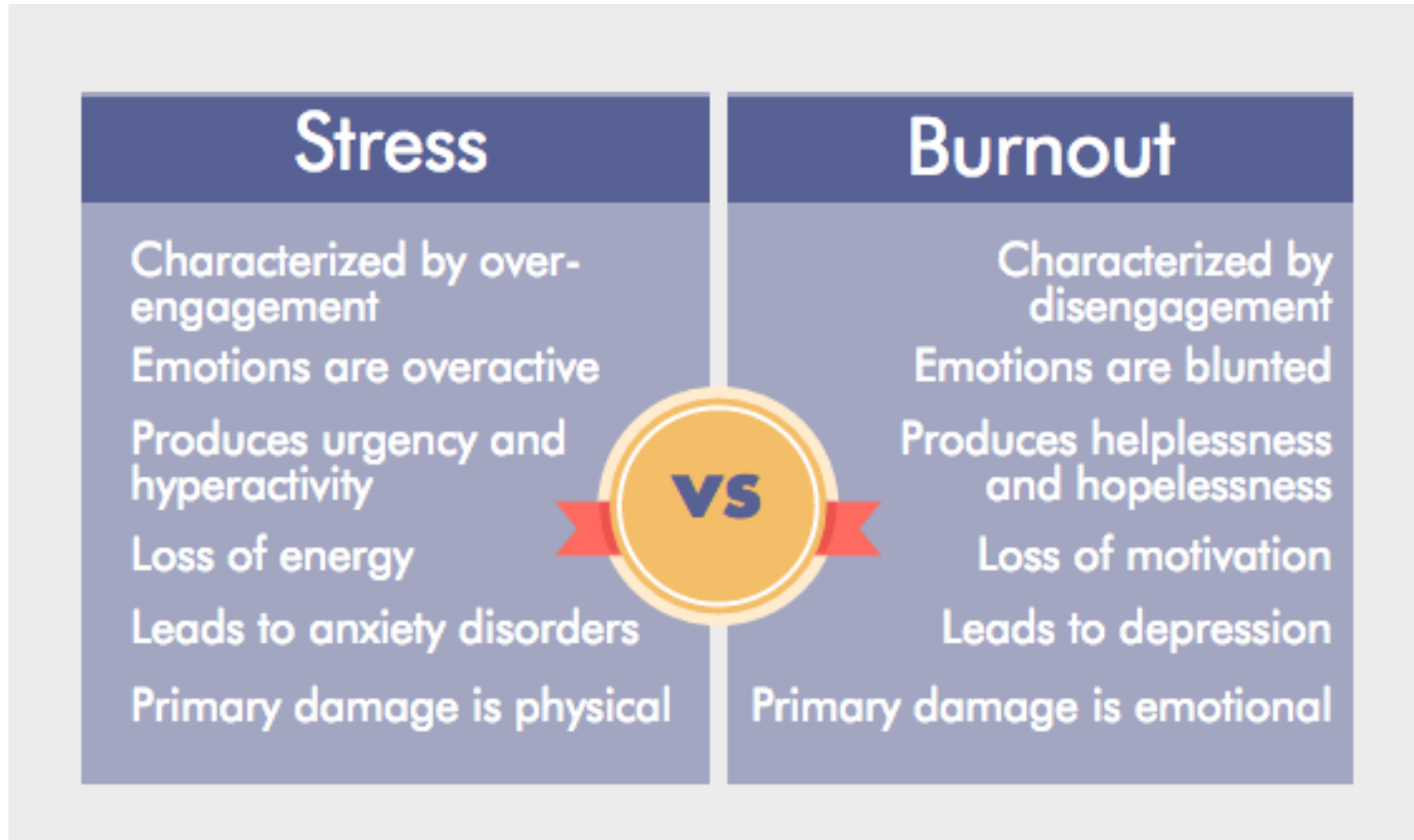
Frequent absenteeism and sick leaves

7 

Elevated stress and fuzzy memory



# Stress vs Burnout



# Mitigation & Solutions

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# Mitigation & Solutions

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**A** Awareness

**B** Balance

**C** Control





# In summary:



# We can help

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- ▶ [www.livinghealth.com.ng](http://www.livinghealth.com.ng)
- ▶ 08034071320 **HOTLINE**
- ▶ 0901 – HEALTHY (09014325849)
- ▶ Connect on Social Media
  - ▶ [www.ng.linkedin.com/in/dradebayo](http://www.ng.linkedin.com/in/dradebayo)
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  - ▶ [www.instagram.com/dradebayo](http://www.instagram.com/dradebayo)
  - ▶ **[www.youtube.com/LivinghealthTV](http://www.youtube.com/LivinghealthTV)**

# Final words

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THANK YOU

