

# 9 WAYS TO **REDUCE BURNOUT** & IMPROVE HEALTH, MORALE AND PRODUCTIVITY.

www.myhrconcierge.com

## 1. Assign appropriate workloads.

(i.e., try to avoid passing payroll duties onto an HR professional if they are uncomfortable with the task just because the workplace is short-staffed).

## 2. Meet regularly with HR teams to gauge their emotional states.

## 3. Address negative and illegal actions in the workplace immediately.

## 4. Outsource HR needs to help maintain compliance and reduce a risk of penalty if something gets missed.

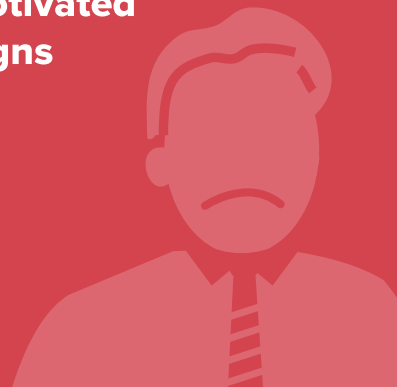
## 5. Recognize and celebrate employees' successes.

## 6. Promote exercise among employees.

## 7. Encourage employees to utilize their allotted paid time off.

## 8. Train other managers on how to keep employees engaged and motivated at work, and how to spot signs of burnout.

## 9. Clearly communicate that employees can reach out if they are experiencing professional burnout.



To learn more about HR support and current HR topics contact us at 1-855-538-6947 ext.108 or email [ccooley@myhrconcierge.com](mailto:ccooley@myhrconcierge.com)

[www.myhrconcierge.com](http://www.myhrconcierge.com)

**myHRconcierge**<sup>®</sup>

WE PUT THE HUMAN IN HR<sup>®</sup>