

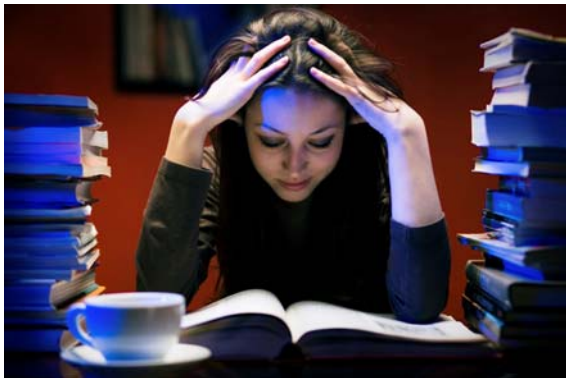
Does Your Staff have “Burn Out?”

You’ve noticed the environment in your department has changed over the past several months. Your team used to be such a friendly group. They chatted in the halls together during breaks and ate lunch together in the break room. Now the halls are deserted and if anyone is eating lunch, it’s not in the break room. When you try talking to individual staff members, no one wants to discuss exactly what has changed.

You know there’s been turnover in your department and everyone’s been pulling extra duty for a while now. As you sit and think, you wonder if your team is feeling “burned out.” Maybe the extra duty is starting to wear them down. You feel a bit tired and cranky yourself these days. You’re not getting as much free time with your family as you’d like. Maybe the entire department is under a lot of stress. What can you do?



First Sun EAP is here to assist you and your team with stress and burnout. Whether it’s stress from too much work and too few workers or too many changes in too short a time, our consultants are available to assist you with addressing issues that create undue stress.



First Sun EAP has a dedicated Risk Management Team available to assist you with these issues. You can call any time for a free confidential consultation to discuss these or any workplace issues that affect the performance of your associates. Call toll free at **800-968-8143** or in Greater Columbia, **803-376-**

2668. For more information on this topic as well as other risk management situations, please visit our website.