FEELING OVERWORKED?

The World Health Organization included burnout in its International Classification of Diseases (ICD-11)

Asia

Burnout is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.
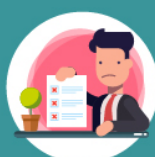
CHARACTERIZED BY:

Feelings of low energy, exhaustion

Feeling negative or cynical towards one's job

Reduced performance at work

3 COMMON CAUSES OF BURNOUT

Long hours and **high stress**
Lack of **personal control**
Lack of **communication** and **support**

TOKYO, JAPAN
54.5% of people get less than the recommended 7 hours of sleep!

MUMBAI, INDIA
They have the **longest working hours** out of all the cities analyzed, at **3,314 hours** a year!

KUALA LUMPUR, MALAYSIA
They rank 6th out of all the cities in population **sleeping less than 7 hours daily!**

SEOUL, SOUTH KOREA
They have limited vacation with just **14.2 days** annually!

ASIANS ARE HIGHLY BURNT OUT AT WORK!

BANGKOK, THAILAND
They rank 5th out of all the cities, in **spending the longest time in traffic** from work!

JAKARTA, INDONESIA
They have one of the largest population working more than **48 hours**

3 TIPS TO PREVENT BURNOUT

Task balancing - Swap between tasks of varying difficulty on a regular basis

Set boundaries for your time and availability

Strengthen the bonds with coworkers and bosses for positive group morale

References:
1. World Health Organization (WHO) "Burn-out an "occupational phenomenon": International Classification of Diseases", 2019
2. SavvySleeper Study "The Cities with The Highest Burnout", 2020 **3.** Gallup Study "Employee Burnout, Part 1: The 5 Main Causes", 2018 **4.** The Well-Being Index "The 6 Leading Causes of Employee Burnout", 2021 **5.** PositivePsychology.com "How to Prevent Burnout in the Workplace: 20 Strategies", 2021