



Challenging Stress, Burnout and Rust-Out: Finding Balance in Busy Lives

Teena J. Clouston

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A balanced lifestyle enhances health, happiness and wellbeing. With practical techniques and strategies, this book explores how this balance can be found and how stress and anxiety, which are linked to being overworked and over busy, may be alleviated.

It begins by examining the state of work-life imbalance in our everyday lives and discussing real life examples from a group of professionals working in health and social care. Their stories and experiences illustrate the problems caused by our modern, work-driven society and resonate with how many of us are living today. The author then provides practical tools and techniques to address this overwork culture and achieve a more balanced lifestyle. These simple, yet effective, strategies can be implemented quickly in everyday life.

This practical resource addresses a problem affecting many professionals worldwide. It will be of particular interest to helping professionals, including occupational therapists, counsellors and therapists, and will allow them to apply the theories of work-life balance to real life in straightforward and tangible ways. The stories and techniques will also resonate with anyone interested in transforming their overworked or overburdened lives.

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