

# You can prevent burnout on the job

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## *USA Weekend:*

Difficult economic times means companies are downsizing, which leaves employees with an increased workload and a higher risk of job burnout — which is defined as the gradual erosion of energy and spirit because of chronic job stress.

Here's how to prevent it:

Heed the signals:

“Be aware of how stress manifests in your body,” says Ruth Luban, a counselor who specializes in occupational and behavioral health in Santa Monica, Calif. Some experience gastrointestinal distress, while others have insomnia. Treat — don't rationalize — symptoms.

Read more: [USA Weekend](#)