



According to a recent [Forbes article](#), employee burnout affects 95% of all employees. This number is not exclusively reflective of large or international companies, but rather businesses of all sizes. With the Summer reaching its final days, what are some steps we can take to avoid *"burning out?"*

[The Mayo Clinic](#) lists the signs symptoms of burnout, as well as some advice for taking action. After reading through the defining signs of burnout, one does not have to wonder where the 95% figure derives from.

The Huffington Post recommends [these five steps](#) towards lessening workplace stress, and therefore decreasing burnout. Among the five steps: "Playing Fair!" The lessons indoctrinated during our primary school experience still hold true!

The Harvard Business Review offers tips for [overcoming burnout](#), as well as two case studies that may sound familiar to a lot of us. The article importantly points out that an employee can love their job, while simultaneously experiencing burnout.

Of course, without being biased, [your local library](#) offers many classes, workshops, reading materials, cd's, and dvd's to educate, entertain, empower, and enrich your day to day lives. If you are feeling a little stressed out, perhaps a trip to the library can at least help ease your burdens!

**For any questions regarding the many diverse services we offer, contact the
Half Hollow Hills Community Library.**





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