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Avoiding Burnout to Increase Productivity by [Terrilevine](#)

Article published on March 27th 2012 | [Customer Service](#)

There is very little that can cause a decrease in productivity as easily as burnout. While you may be tempted to believe that putting every waking moment into working on your job is a good way to get things done, there is an additional factor which you may not have considered. When you figuratively take your work home with you, you can increase your risk of burnout and get much less accomplished in the long-run.

This form of taking your job home with you does not involve doing some essential work during your free time. It involves keeping your work on your mind during your free hours. When you are at home, or somewhere else other than in your workplace, you can easily burn yourself out by keeping it as your main focus.

During your off-hours, you may put a lot of time into thinking about your job. You may worry about whether you will get something done on time, or the overall quality of your work. This can lead you to become overly stressed, anxious, and overwhelmed. You may become more fatigued by your work when you are thinking about it and worrying about it than when you are actually doing your job.

If you do not actually have work to complete after your normal work day, you can avoid burnout by leaving your job at your workplace when you go home. Instead of stressing yourself out over whatever you need to accomplish the next day, or how much progress you are making with something you are working on, try learning how to leave those thoughts and concerns at your place of business.

When you have free time, develop some positive habits. Learning how to relax, to participate in healthy recreation, and giving both your time and focus to your friends and family will all reduce your risk of burnout. When you have begun to develop these habits, it will not take long for you to see the results. You will start each new work day feeling physically, emotionally, and mentally refreshed. You will have more to give to your job when you are refreshed. You will be more motivated, more energetic, and more productive. For detail <http://www.terrilevine.com>

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Article Keywords:

Business Growth, Business Growth Strategies, Business Growth Solutions, Growing Business, Growing Your Business, Small Business Growing