

These days, with life comes complicated situations that one has to face every day. We all face stress, which in certain moments leads to burnout. We are talking here about people working above their limits and don't know how to properly relax. Affected professions include especially helping professions, which means psychiatrists, teachers, social workers and others. Actually, we can count any profession as affected with burnout. To make sure our everyday stress situations will not lead to burnout, we need to precede it. Effective measures against burnout include healthy lifestyle, lots of human relationships, upkeeping fair life environment, relaxation, etc.