Mental Health and Burnout in Women

Balancing work, family and personal responsibilities can leave little room to recharge. Over time, that pressure can affect your mental health. Checking in with yourself and reaching out early can make a meaningful difference.

Create space for yourself:

- Set healthy boundaries and give yourself permission to say no when you need to.
- Take short breaks to reset. A stretch, fresh air or quiet moment can help.
- Make time to connect with people you trust, even if it is just a quick check-in.

Reach out before things pile up:

- Notice when you feel persistently overwhelmed, exhausted or disconnected.
- Talk with someone you trust or a healthcare professional when you need support.
- Explore confidential counselling and resources through EFAP or your benefits.

You deserve support, not just when things feel difficult, but along the way.

EXPLORE MORE RESOURCES

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