



## The Anti-Burnout Journal

A 12-week multi-platform wellness planner for self-care and stress relief

**Bex Spiller**

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### Description

**Banish burnout and reclaim your calm with this innovative 12-week start-anytime journal.**

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. With searches related to burnout rising on average 41% annually since 2017, and 77% of employees saying they've experienced burnout, it's no wonder the World Health Organization has started to take it more seriously. And that's before the pandemic, when working-from-home burnout became even more prevalent.

It was these worrying facts and her own experience of burnout that led mental-health advocate Bex Spiller to set up The Anti-Burnout Club.

With this journal, Bex has created a multi-platform solution to a growing problem. Combining people's love for pen and paper with the rise in online wellness apps and platforms, *The Anti-Burnout Journal* works for traditionalists and technology lovers alike. This undated journal spans 12 weeks with weekly lessons and challenges to help beat burnout, delivered through the pages of the journal alongside an online dashboard with lifetime access to video lessons in yoga, mindfulness, meditation, nutrition and breathwork, which can be watched time and again.

Alongside the lessons are weekly and daily pages that encourage journalling the more traditional way using everything you've learned. This multi-platform approach makes this journal completely unique and ensures that you can use it in a way that suits you, without feeling more stressed or overwhelmed. This one-of-a-kind journal is the perfect gift to yourself or someone in need of self-care and promises to help you slow down, reflect, find balance and restore a sense of calm.

### About the Author

Bex Spiller is a former entrepreneur who set up The Anti-Burnout Club to help people thrive without burning out. Bex is studying for a Master's in Business with a specialism in Economics of Well-being and Organisational Behaviour. Alongside this, she has completed the gold-standard Mindfulness-Based Stress Reduction, Mental Health and Mindfulness, Mindfulness and CBT, and is awaiting accreditation for a Mindfulness Level 3 Diploma. She has written for *The Elephant Journal* and *HuffPost* and has been featured in *Top Santé* and an award-winning BBC3 documentary.