Avoiding Burnout: Quick Guide for Cleaning Business Owners

What is Burnout?

Chronic stress that leads to exhaustion, loss of motivation, and reduced performance.

1. **Mental Health**

- **Recognise the Signs:** Fatigue, irritability, low mood, trouble sleeping.
- **Self-Care Matters:** Prioritise sleep, healthy meals, and time for yourself.
- **Reach Out:** Talk to peers, mentors, or professionals when you need support.

2. **Business Growth**

- **Set Boundaries:** Define work hours and stick to them.
- **Delegate:** Hand off tasks where possible - don't try to do it all.
- **Use Tools:** Organise with checklists, planners, and DCBN resources.
- **Plan Downtime:** Schedule breaks and holidays as seriously as client work.

3. **Team Management**

- **Share the Load:** Involve your team in decision-making and problem-solving.
- **Open Communication:** Encourage honest chats about workload and stress.
- **Support Each Other:** Celebrate wins and address challenges together.

Action Steps

- **Pick One:** Choose one small change to try this week (e.g., set a finish time, delegate a task, or take a real lunch break).
- **Check In:** Ask yourself and/or your team: "How are we doing?" and listen to the answers.
- **Leverage Community:** Use DCBN 121 mentoring calls, members only facebook group, templates and training for extra support.

Remember: Looking after yourself is essential for your business and your team. Burnout isn't a badge of honour and prevention is progress!