

BROADCAST CUE

Management mental health in crisis: CEO burnout on the rise



- **Concerns grow for high level executives as they take the weight of business stress on their shoulders**
- **Research reveals leaders are heading for burnout with nearly 60% feeling depleted at the end of the workday**
- **With demands of the corporate world differing from person to person, medical professionals treating burnout can equip individuals with coping mechanisms and tools to manage extreme stress**
- **This Psychology Week (29 November – 5 December), The Banyans Healthcare Group is encouraging stressed CEOs and managers to seek support as we navigate COVID induced stress and burnout**

EMBARGO: 29/11/2021 - Amid mounting concerns the 'Great Resignation' seen in the US and UK will hit Australia, managers across the country face the added stress of losing employees, hiring, and training new staff[1]. On top of increased absenteeism, disconnected employee relationships, heavy workload and tight deadlines, concerns grow for high level executives as they take the weight of business stress on their shoulders[2].

A 2021 global leadership report reveals strong indications of burnout, with nearly 60% of leaders feeling used up at the end of the workday[3]. Likewise, seven in ten (68%) small business owners would not rate themselves happy, as one in three (28%) reported a diagnosis of stress, depression, or anxiety in the last 12 months[4].

Burnout is the feeling of long-term exhaustion, both mental and physical and can affect anyone experiencing long-term stress marked by emotional exhaustion, de-personalisation, and a lack of sense of personal accomplishment. On top of longer hours, a global pandemic, and financial pressures, it's no wonder people are suffering.

With demands in the corporate world differing from person to person, medical professionals treating burnout are required to understand an individual's needs. The Banyans Health and Wellness is a private treatment centre offering personalised mental health care and private rehabilitation for those experiencing depression and anxiety, chronic stress and burnout, drug and alcohol dependency, eating disorders, and other co-occurring conditions.

This Psychology Week (29 November – 5 December), The Banyans Healthcare Group is encouraging stressed CEOs and managers to seek help, learn how to make better lifestyle choices and access psychological education tools available to support them through COVID induced stress and burnout.

[1] <https://www.abc.net.au/news/2021-09-24/the-great-resignation-post-pandemic-work-life-balance/100478866>

[2] <https://pubmed.ncbi.nlm.nih.gov/21297280/>

[3] <https://www.ddiworld.com/global-leadership-forecast-2021>

[4] <https://www.industry.gov.au/sites/default/files/2021-01/small-business-owners-and-mental-health-report.pdf>

With me in the studio, I have Chief Medical Officer at The Banyans, Dr Christian Rowan

Question 1: Why are business managers and CEOs experiencing higher levels of stress right now?

Question 2: Can you tell us about workplace burnout?

Question 3: How can private rehabilitation assist in the recovery of burnout?

Question 4: What advice do you have for people currently experiencing high levels of stress?

Question 5: Where can Australians experiencing burnout go for more support?

Available for interview

Dr Christian Rowan, Chief Medical Officer at The Banyans Health and Wellness

Location: Brisbane, QLD



Dr Rowan is a Fellow of the Royal Australasian College of Medical Administrators and is a Fellow of the Australasian College of Health Service Management. He has previously held positions as the Director of Medical Services of St Andrew's War Memorial Hospital and Deputy Director of Medical Services of the Wesley Hospital.

He has also spent more than two decades in the field of addiction medicine and substance dependency, and he is one of Australia's leading medical professionals.

In addition to his administration fellowships, Dr Rowan is also a Fellow of the Royal Australasian College of Physicians' Chapter of Addiction Medicine and a Member of the Australasian Professional Society on Alcohol and Other Drugs. He is a Visiting Medical Officer to the St Andrew's War Memorial Hospital's Multidisciplinary Pain Service and also to the Wesley Hospital. He is also an adjunct Associate Professor in the School of Medicine at Griffith University.

Dr Rowan is a former Member of the Queensland Mental Health Commission's Clinical Advisory Council and he was previously the President of the Australian Medical Association of Queensland and the Rural Doctors Association of Queensland. He is also a Fellow of the Royal Australian College of General Practitioners, the Australian College of Rural and Remote Medicine, and he holds a Fellowship in Advanced Rural General Practice. He also holds a Masters in Diplomacy and Trade from Monash University.

Ruth Limkin, CEO at The Banyans

Location: Brisbane, QLD



Ruth is passionate about creating a better tomorrow. She has extensive experience starting and leading organisations that contribute to health and wellbeing.

Her experience in business, government, community and media provides Ruth with a breadth of leadership experience and an understanding of the various environments experienced by professionals and public figures.

Ruth is the CEO of The Banyans Health and Wellness, and considers it a privilege to lead a team who embody the values of care, respect and joy.

Her interest in health and holistic wellbeing springs from many years of working with those experiencing a need for support. Having researched and written about community and social health, personal wellbeing, nutrition and food security, Ruth has also worked with those experiencing stress, substance misuse or searching for a greater sense of meaning and purpose.

Ruth is a certified analyst with TTISI for assessments of Behaviour and Communication, Emotional Quotient and Motivators. These reports provide insight into a range of areas that affect our professional and personal life.

Peter Hayton, Clinical Director

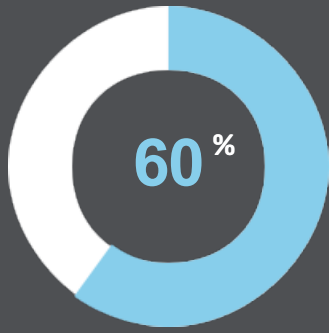
Location: Brisbane, QLD



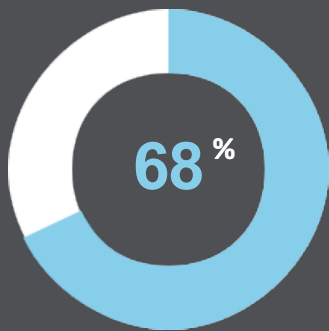
Peter is the Clinical Director at The Banyans Health and Wellness. The Banyans benefits from Peter's extensive experience of working in both private practice and clinic settings as a psychologist for over two decades. Peter has also pioneered a variety of health initiatives across education, social enterprise, and corporate sectors.

In his role as Clinical Director, Peter supervises individually tailored wellness plans for each guest. He engages with the wide variety of specialists at The Banyans Health and Wellness to ensure each guest receives the right therapy for long-lasting results. Peter is responsible for the clear and effective collaboration throughout the therapy team, as well as the guidance of support staff.

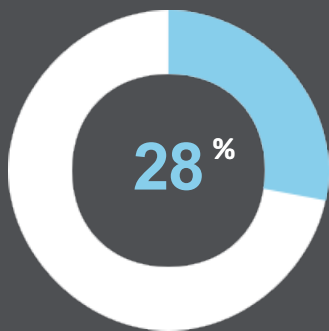
Along with his experience in counselling and rehabilitation services, Peter has extensive experience in education, training, and staff development. He has provided valuable support with business management and program development, including the management, support and supervision of staff in a variety of employment and training environments. He continues to supervise various therapists, who appreciate his warm and unassuming approach.



Leaders are heading for burnout with nearly 60% feeling depleted at the end of the workday



Seven in ten small business owners would not rate themselves happy



One in three reported a diagnosis of stress, depression, or anxiety in the last 12 months

Further information

Chronic stress and burnout may lead an individual to become detached and disinterested in daily activities. Characterised by consistent physical and emotional exhaustion, the intense fatigue can lead to continual feelings of resentment, cynicism and pessimism.

When the body perceives a threat, a release of hormones and chemicals alter our physical functioning and emotional regulation. When this response is constant, unmanaged, or persists in the absence of a dangerous threat, a person is said to be experiencing chronic stress. Burnout is an extreme case of chronic stress.

Both chronic stress and burnout significantly predispose people to a number of additional conditions, including cardiovascular disease, gastrointestinal inflammation, depression, anxiety and substance misuse.

Symptoms of chronic stress and burnout

There are a variety of cognitive, physical and behavioural symptoms of chronic stress. Some examples include:

- Difficulty concentrating, poor judgement, memory related issues, increased anxiety;
- General aches and pains, chest pain, loss of libido, physical exhaustion, dizziness and nausea;
- Loss of appetite, over or under sleeping or insomnia, social withdrawal, increased use of alcohol or drugs;
- Significant apathy, resentment, or disinterest in things that used to bring enjoyment or happiness.

With the correct therapy, lifestyle changes and psychological education, anyone experiencing burnout and chronic stress can recover. Living a healthy, happy and balanced lifestyle is essential for positive physical and mental health, and the challenges of life can be overcome with robustness and resilience.

Reference

About The Banyans Healthcare Group

The Banyans Healthcare Group provides treatment programs that support guests to achieve long-lasting, measurable results. We help those seeking support to rediscover health and wellness following experiences of stress, anxiety, depression, substance misuse, addiction, dependency, trauma, or grief. Everything we do is based on the values of care, respect, and joy to help guests feel supported, respected, and free to explore the sense of joy that comes when you experience the fullness of life.

About the Research

[1] <https://www.abc.net.au/news/2021-09-24/the-great-resignation-post-pandemic-work-life-balance/100478866>

[2] <https://pubmed.ncbi.nlm.nih.gov/21297280/>

[3] <https://www.ddiworld.com/global-leadership-forecast-2021>

[4] <https://www.industry.gov.au/sites/default/files/2021-01/small-business-owners-and-mental-health-report.pdf>