

Beat Digital Burnout



Research suggests that 60% of knowledge workers have experienced burnout during the pandemic. This is a threat to not only employees' physical and mental health and performance, but poses significant financial costs and retention risks to organisations too. One of the chief contributing factors to burnout is unsustainable and unhealthy digital habits.

There's no denying that our digital load has increased exponentially as we've shifted to remote and hybrid work. Our digital practices are leading to digital burnout.

Knowledge workers and teams, thrust into remote work arrangements have found themselves using technology in ways that are elevating our stress ('techno-stress'). Whilst we're biologically designed to cope with stress, we're not designed with constant stressors and with incomplete stress cycles which our digital, always-on culture cultivates.

This keynote arms delegates with science-backed solutions to counteract the always-on, distracted digital culture that has led to many knowledge workers experiencing digital burnout. Delegates will understand how our digital habits are fuelling our stress, why rest is vital for our performance and the micro-habits that employees can embed into their workdays and the digital cultures that can counteract digital burnout.

As the inaugural members of the world's first truly digital workforce, we're creating the future of work together. We are defining norms, habits, and best practices in the digital context. This presents an enormous opportunity for knowledge workers: rather than defaulting to assumptions grounded in conventional wisdom and outdated, industrialised work practices, let's use this moment to let science guide us.

Dr Kristy will explore:



How an **increased digital load** is adding to the micro-stressors in their life (and leading to digital burnout)



How some of our common tech habits are eroding the **biological buffers** that once protected us from stress;



Why your brain and body needs **peak-performance pit-stops** and the 3M framework to beat burnout;



Science-backed solutions to ensure their '**new ways of working**' are congruent with how their brains and bodies work best online;



Micro-habits to ensure that we structure our workdays to suit our neurobiological needs; and



Our **neurobiological needs dictate** why rest and recovery is essential in a digital world for ideation, performance and wellbeing.

Session Overview

Participants will complete an anonymous *Digital Burnout Barometer Assessment* before the session to enable Dr Kristy to tailor the keynote and/or masterclass to your organisation's specific needs and to give your delegates powerful insights

Delivery

This can be a stand alone keynote, or part of a half or full day program, or delivered as a virtual masterclass.