



# March 2024 Newsletter

## **Burnout**

Burnout is a recognized workplace phenomenon characterized by severe fatigue, feelings of dread and negativity, and reduced effectiveness in the workplace as a result of overworking. It is not classified as a medical condition.” It is being defined as:

- Feelings of energy depletion or exhaustion.
- Increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job.
- Reduced professional efficacy. Burnout refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”



I am far from the person to be preaching on burnout. I tend to run myself into a brick wall and then I need a break from all

aspects of my life to reset. No one is perfect, but recognizing you need a break before it is necessary or before something happens is critical!

## **1- Acknowledge that you are burned out**

It is important to recognize that you are burnt out. It took time to get burnt out, and it will take time to recover. Focus on your physical and mental health and practice gratitude.

## **2- Reset your priorities**

When we become consumed with work, we lose the big picture. List everything that means something to you: friends, family, community, health, relationships, hobbies, charities, etc. Focus on things that make you happy at least once a week.

## **3- Evaluate your options**

Try regaining more control over your schedule. Seeking a balance between responsibilities and fun.

## **4- Seek Support**

Don’t be afraid to ask for help from your family, friends, co-workers, religious figure, professional, or anyone you trust.

## **5- Practice Self-Care**

Get plenty of sleep, exercise, focus on being present and spend time with people you love. I am always down for company to get a pedicure too! ;)



- GEOFF F.- TRUCK 586
- DYLAN H.- TRUCK 603
- DAN M.- TRUCK 628
- JEFF B.- TRUCK 434355

### Office Spotlight- Diane Kalgreen

Diane was first hired into General Transport in 1996, and it has been her work-home ever since (except for a brief stint as a retiree, but that didn't last!). She cannot imagine working any place other than GT.



Diane and her husband have a large, close family of five children, their spouses, and seven grandchildren. Diane loves spending time with them all in the Columbus area.

When not enjoying her family, she spends her free time outdoors, running (Boston Marathon qualifier and completer), hiking, and biking the many trails in our national and metro parks near her home. Diane and her husband love to travel and have been lucky enough to have visited many countries, getting to know and appreciate different cultures. They have never visited a place that they didn't like! We are proud to have you as part of the GT family!



### Spotlight Driver- Keith Hale

Keith has been a regional driver for General Transport since April 2016. In that time, he has safely driven 920,862 miles! Although he has always been classified as a regional driver, he has worn many different hats throughout the years. He even stretched his legs and went to Laredo for the first time in 20 years!



When Keith is not behind the wheel, he enjoys spending time with his wife Lynn, fishing, and patronizing local casinos. This choice to spotlight him was not influenced on his ability to keep me stocked with coffee or playing Santa every year either! We are proud to have you as part of the GT family!



- Make sure your permit book gets updated with the new insurance certificate that was issued 3/1
- While in there- check to make sure you have your 2024 IFTA permit and the stickers are on the truck
- Make sure safety gets a signed receipt for the new drug and alcohol and safety handbook