

“I had a phase, when I slept 14, 16, 18, 20 and 23 hours through a day. Then I shortly woke up to quickly eat something, maybe to wash myself, sat down, felt tired and slept 20 hours again.”

“...until a point when I wasn't able to think about anything. I had no more motivation and no interests to do anything.”

“I have never thought, that something like this will happen to me.”

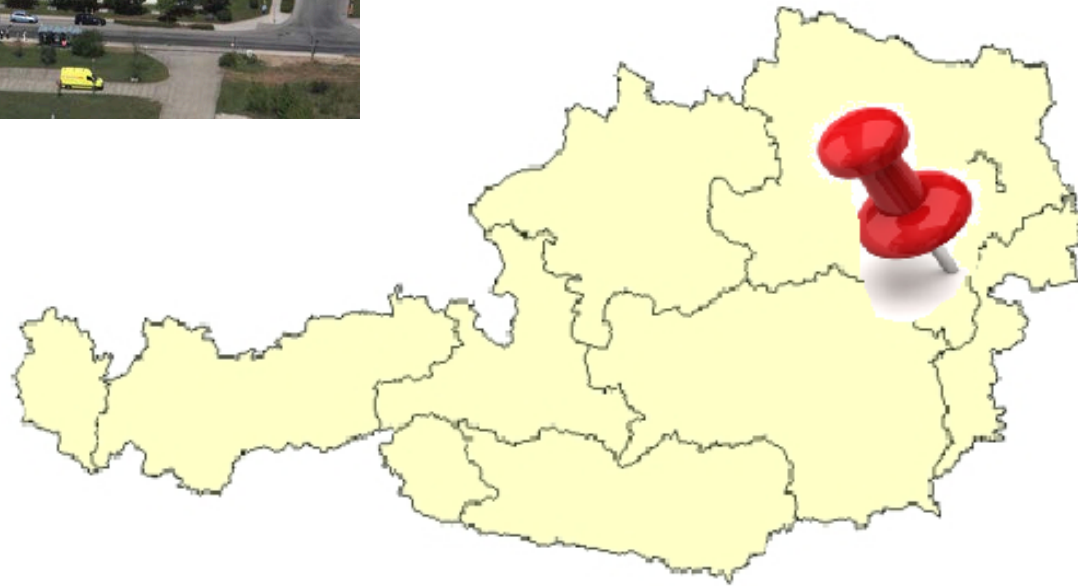
„When the batteries are flat“

-

patient's experiences with

Burnout





Burnout is getting diagnosed more often, even though it is no independent disease according to IDC-10.



1 in 5

employees is suffering on a psychosocial disease

Mr. Armstrong

- ❖ male
- ❖ 55 years
- ❖ married
- ❖ leading position in the building sector
- ❖ loves riding his bike



“...experienced pressure as something positive...”

“..never thought myself of being able to get burnout...”

Mr. Hiker

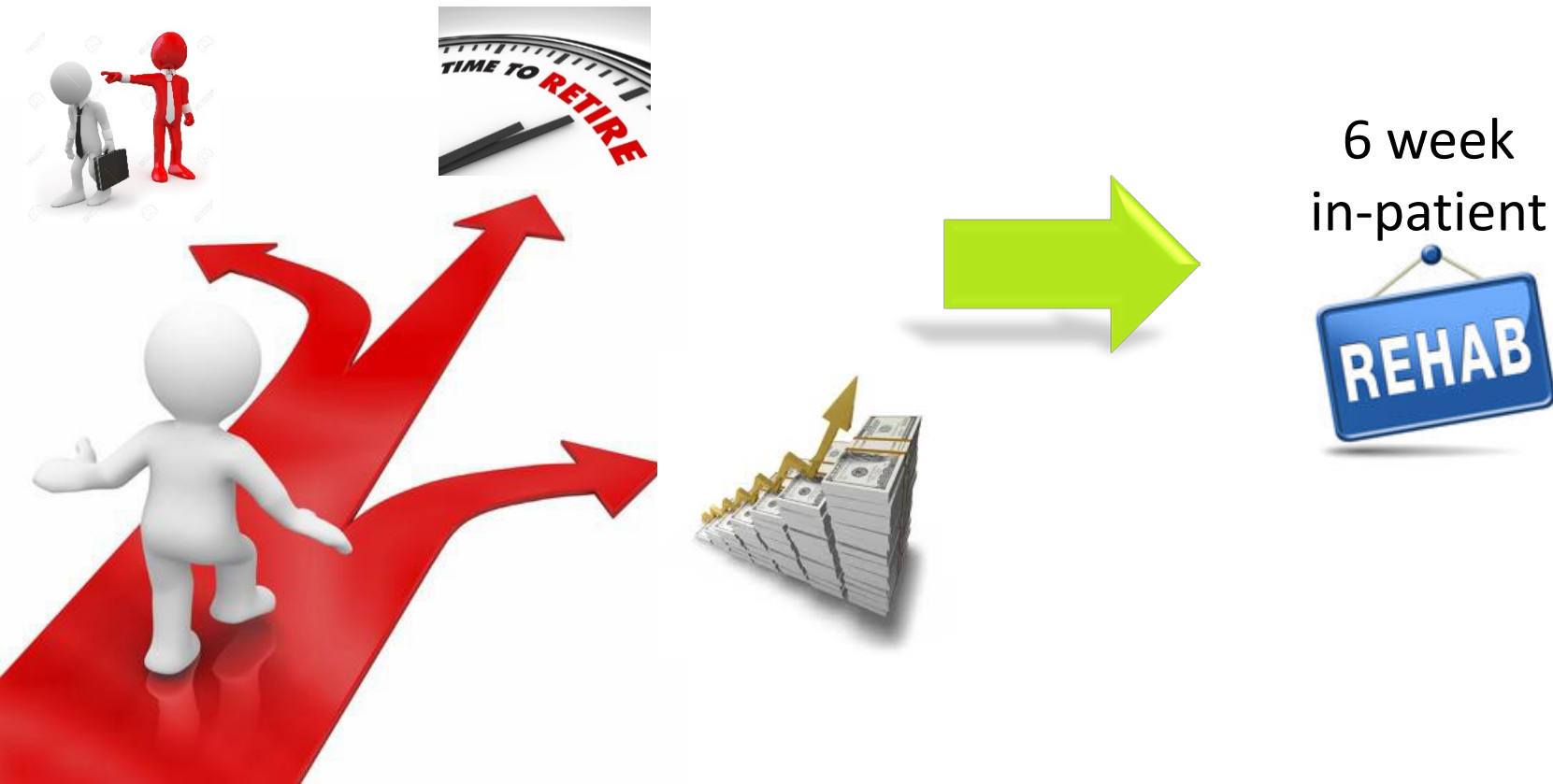
- ❖ male
- ❖ 57 years
- ❖ father
- ❖ divorced
- ❖ trainer in adult vocational training
- ❖ loves hiking through Austria's mountains



“...knew everything about the risks and causes of burnout...”

“...made the typical things and I always refused to believe that something is going wrong with myself...”

- huge increase of mental disorders
- correlation between psychosocial disorders and peoples workability



- group setting – various group sizes
- two times a week Occupational Therapy

craft group

one therapy session 90-120 minutes

talking
round



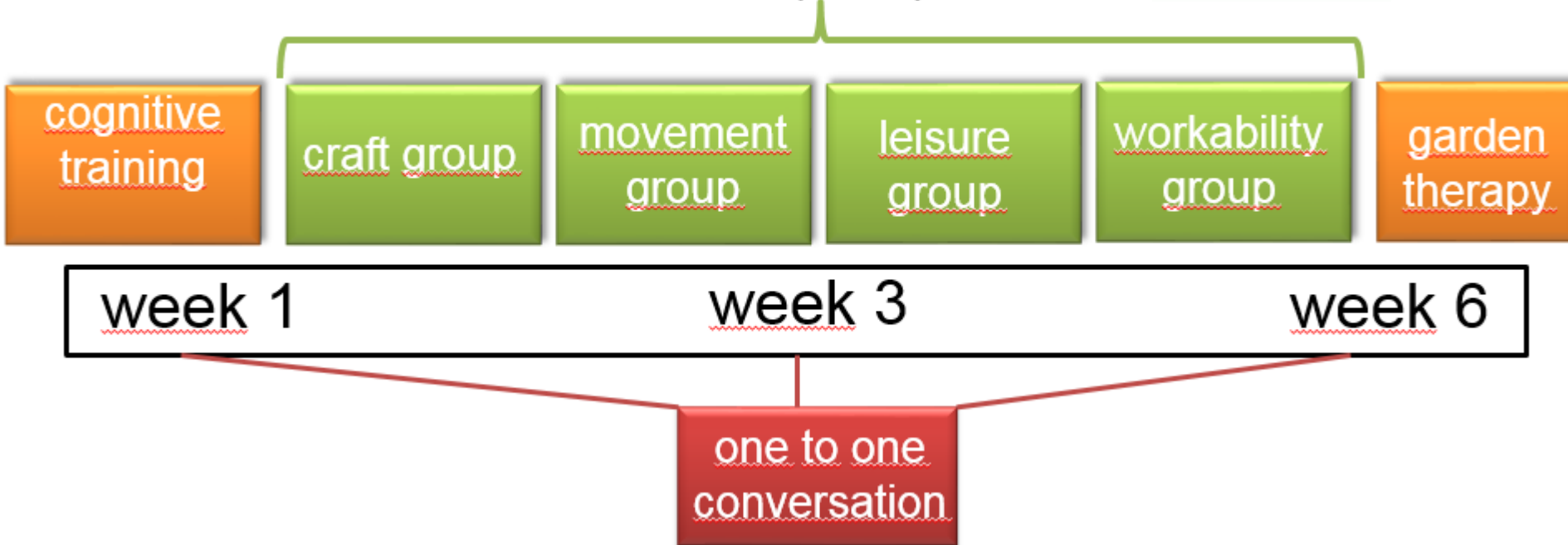
possibility to
reflect

„...thought I should weave
a basket...“

- groupsize: 12 patients
- varied diagnoses
- 4 compulsory settings in OT:



Compulsory



„...counterbalance to psychotherapy...“

client centred
occupation
based
goal-directed
Occupational
Therapy

vs.

crafts as
counter
balance



- after 6 weeks no further support
- OT may help:
 - support when changing routines
 - finding back into daily life routine
 - strategies for working place

Thank you for your attention!