

LK Psychotherapy & Clinical Services Sheds Light on 'Mid-Year Burnout' and Offers Strategies for Sustainable Performance

Belleville therapy practice reframes chronic workplace stress as an environmental issue, not a personal failing

BELLEVILLE, ONTARIO, CANADA, August 25, 2026 /EINPresswire.com/ -- As summer winds down and the initial momentum of the year fades, many professionals are quietly running on empty. LK Psychotherapy & Clinical Services, a Belleville-based trauma-informed and culturally responsive practice, is raising awareness this month about "mid-year burnout," a predictable stage of chronic workplace stress that can undermine wellbeing and performance if left unaddressed.



Making space to pause and recharge can be an important part of protecting your wellbeing.

"Burnout is not a character flaw. It is a well-documented, predictable outcome of chronic workplace stress," said Lethicia Foadjo, Founder and Trauma Therapist at LK Psychotherapy & Clinical Services. "By the middle of the year, the exhaustion, cynicism, and reduced sense of effectiveness that define burnout have often taken hold, and many people mistake it for personal weakness rather than recognizing it as a response to their environment."

“

Burnout is not a character flaw. It is a well-documented, predictable outcome of chronic workplace stress”

Lethicia Foadjo, MSW, RSW

Recognizing the Warning Signs

LK Psychotherapy & Clinical Services encourages professionals to treat certain symptoms as environmental red flags rather than personal shortcomings, including:

Chronic fatigue that does not improve with rest or sleep
Increased irritability or a shorter emotional fuse
Loss of motivation or a growing sense of detachment from work
Cynicism toward tasks, colleagues, or the organization as a whole
A creeping sense of reduced effectiveness despite continued effort

Understanding the Systemic Pressures Behind Burnout

The practice notes that burnout risk is shaped by more than individual workload. Role ambiguity, a lack of control over one's schedule or decisions, and unclear expectations all contribute to chronic stress. LK Psychotherapy & Clinical Services also highlights the additional emotional labor often carried by professionals from marginalized communities, including BIPOC professionals navigating workplace dynamics that add an extra layer of strain beyond the demands of the job itself.

"Burnout does not affect everyone equally," said Foadjo. "For many BIPOC professionals and others navigating additional workplace pressures, the emotional labor of simply showing up can compound the exhaustion that burnout is already built on. Naming that reality is part of addressing it."

Practical Strategies for Restoring Balance

To help professionals respond before stress escalates, LK Psychotherapy & Clinical Services recommends a set of actionable coping strategies:

Setting clear, healthy boundaries around work hours and availability
Prioritizing time management practices that protect space for rest and recovery
Practicing mindfulness or grounding techniques to regulate the nervous system during high-



Sometimes stepping back creates the space we need to reconnect with what matters.



Rest isn't falling behind—it's part of creating a healthier relationship with work.

stress periods

Checking in regularly with oneself to catch early warning signs before they compound

Seeking support through executive coaching or therapy focused on sustainable performance

A Call to Seek Support Before Crisis

LK Psychotherapy & Clinical Services encourages professionals not to wait until burnout becomes a crisis. The practice positions therapy and coaching as tools for resilience, offering individual therapy and executive coaching and organizational consulting designed to help high-performing professionals build sustainable habits rather than simply pushing through.

"The goal is not to help people survive their jobs. It is to help them build a relationship with their work that does not cost them their wellbeing," said Foadjo.

Professionals interested in support can schedule a consultation through LK Psychotherapy & Clinical Services at 48 Dundas St West, Belleville, Ontario, by calling (613) 813-9529, or by visiting lkpsychotherapy.ca.

About LK Psychotherapy & Clinical Services

LK Psychotherapy & Clinical Services is a Belleville, Ontario based practice offering trauma-informed, culturally responsive psychotherapy for individuals, couples, and families. Founded by Lethicia Foadjo, the practice provides individual therapy, couples and family therapy, executive coaching and organizational consulting, group therapy, and specialized programs for military members and first responders. Learn more at lkpsychotherapy.ca.

Lethicia Foadjo, MSW, RSW

LK Psychotherapy & Clinical Services

+1 613) 813-9529

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/936714474>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.