

Overcome Exhaustion and Burnout



Objectives

- Summarize what is causing feelings of fatigue and burnout.
- Recognize the symptoms of burnout.
- Identify practices to help restore emotional health and well-being.

Exhaustion and burnout defined

- Exhaustion: state of extreme mental and physical fatigue
- Burnout: state of extreme emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress with detrimental consequences to productivity and overall health.

Signs and symptoms of exhaustion and burnout

- Decreased positive thoughts and emotions
- Inability to handle changes
- Increased sadness/crying spells
- Excessive fatigue/lethargy
- Sustained disrupted sleep
- Decreased memory and focus
- Boredom/lack of interest in things that normally are enjoyable to you
- Increased alcohol use or substance use/misuse

Signs and symptoms exhaustion and burnout

- Increased alcohol use or substance use/misuse
- Increased caffeine use
- Increased anxiety/agitation
- Negative physical symptoms and increased illness
- Feeling of “going through the motions”
- Calling of work more/lateness/leaving early
- Feeling trapped or feeling the need to escape
- Feelings of loneliness

Causes of exhaustion and burnout

- Work-life imbalance
- Lack of reality testing
- Unmanaged expectations
- Perfectionism
- Multi-tasking
- Putting off the “sweet things” of life

Restoring emotional health and wellbeing

- Start with self-acceptance
- Re-assess expectations
- Re-align boundaries
- Detach

Restoring emotional health and wellbeing

- Plan and re-organize
- Relax, replenish, recharge
- Embrace new vision

Your Program

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Thank you!

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