



✦ A Blueprint to  
Combat  
Burnout ✦

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# What is Burnout?



Burnout has been recognized by the WHO( World Health Organization) as an occupational syndrome resulting when stress has not been well managed. It is a state of exhaustion of physical, emotional strength or motivation as a result of prolonged stress. It is the absence of well being. It is often a combination of external and internal factors that lead to burnout.

Some of the symptoms include exhaustion, irritability, sleeplessness, anger, apathy, negativity, withdrawal, decreased motivation, lack of focus, languishing, the absence of joy and efficiency are just some of the more common symptoms.



# The Wheel of Life

## The Components of WellBeing

The components of the Wheel of Life allow you to take a look at every aspect of your life. It shows what areas are doing well and what areas have been left behind. It is often easy to forget some aspects of our lives as we deal with the busy hustle of our lives. Every area is important for a well balanced life and to contribute to our overall well being.

It can be used as a guide to focus on improvement. By regular monitoring and adjustment, you can move the needle on an area that may have scored low.

I like the analogy of a tire for the wheel of life. The ride is not comfortable, if the tire has a slow leak, is punctured or running with very thin threads. The same applies to our lives.

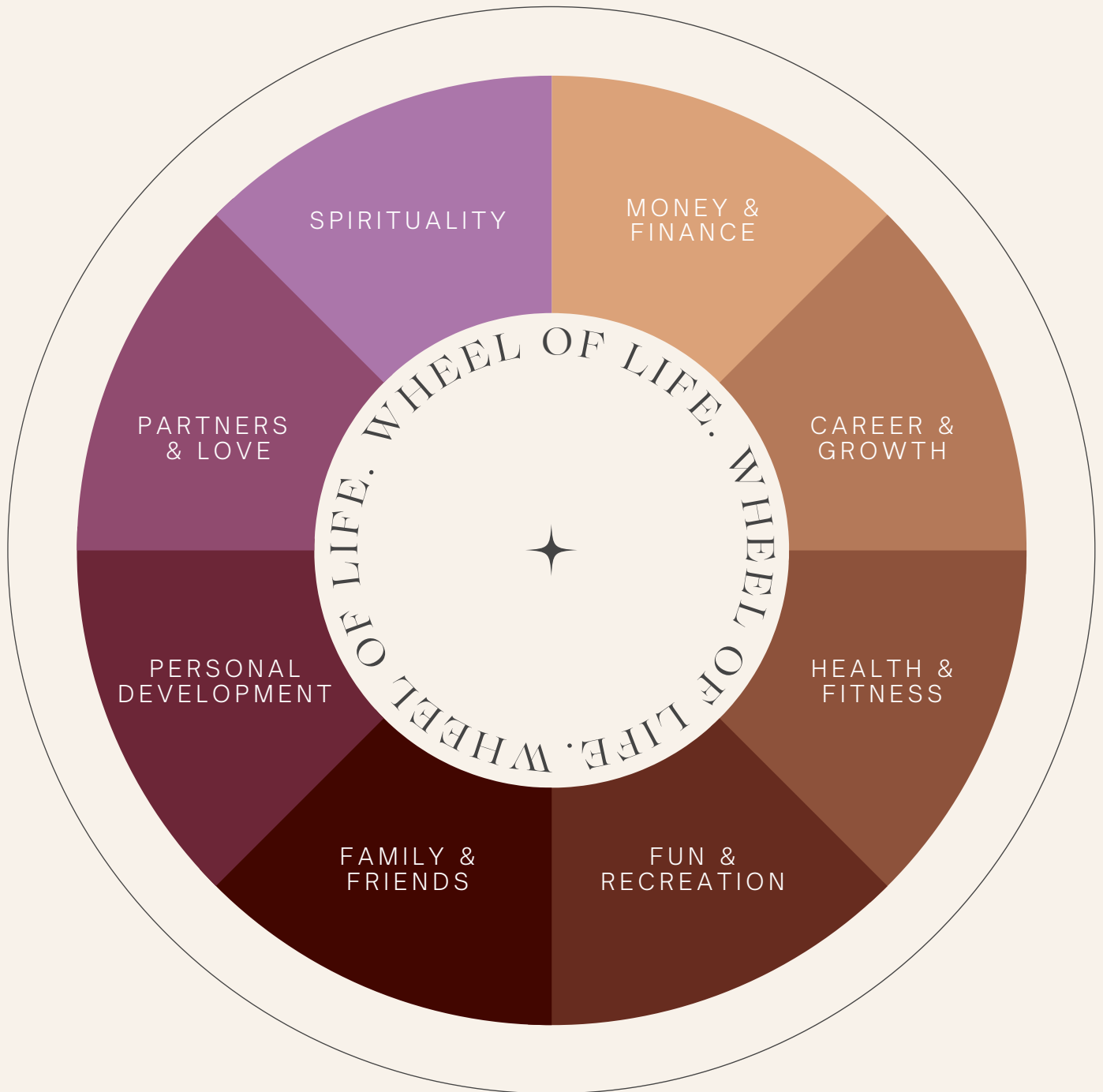
In order to keep things in balance, there must be constant monitoring and adjustment to ride the waves of life.

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IF YOU WANT YOUR LIFE TO BE A  
MAGNIFIANT STORY, THEN BEGIN BY  
REALIZNG THAT YOU ARE THE  
AUTHOR AND EVERY DAY YOU HAVE  
THE OPPORTUNITY TO WRITE A  
NEW PAGE.

MARK HOULAHAN

# The Components of Well Being



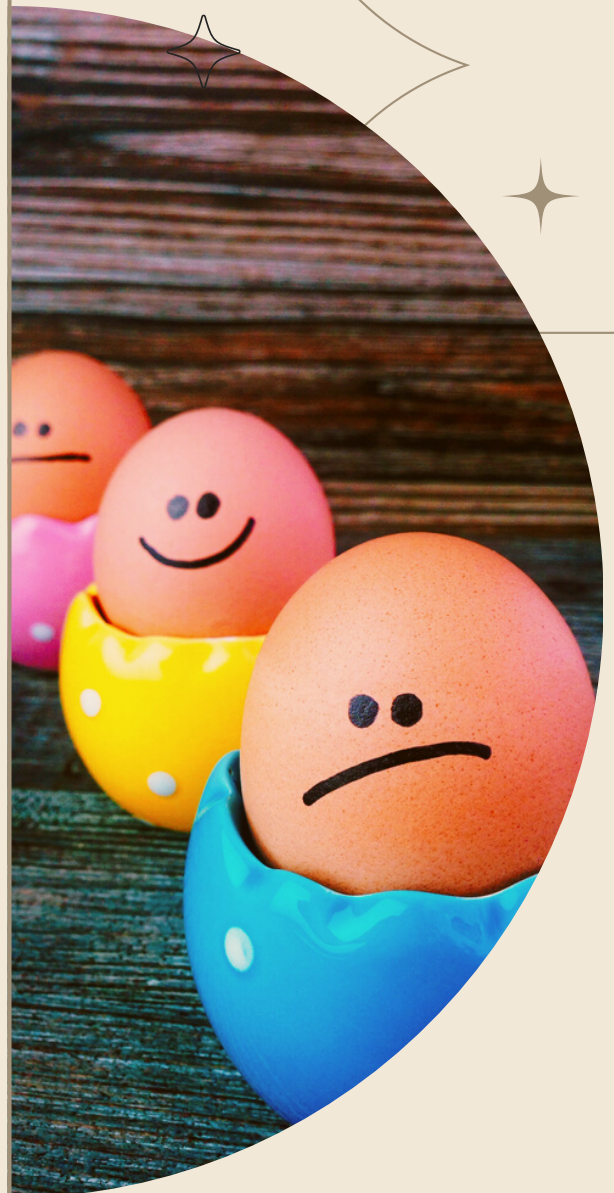
# 5 Steps to Combat Burnout

1.

## BEING SELF-AWARE OF YOUR FEELINGS

A good place to start is being self-aware of your feelings. What are you experiencing? What do you feel when you stop? Are you trying to cover it? Are you happy, sad, joyful, angry, to name a few common ones. As cliché as it sounds, we don't get to be happy all the time. As human beings, we experience negative feelings.

It is key to name the emotion. In doing so, the power is taken away from it. If it is a positive emotion then it is easy. If it is a negative emotion, that feeling is uncomfortable. We have to learn to sit with it and be comfortable with being uncomfortable.





2.

## MANAGE YOUR THOUGHTS

Be aware of your inner self critic. That inner critic is the judge that lives in your head. The judge will always tell us that we are not good enough and find reasons to support that "fact".

We have to be conscious of our self worth. Our self worth comes from within us and does not depend on outside validation. However, as women society has conditioned us to use that outside pressure gauge as a measure of our worth.

Taking steps to identify and understanding what the inner critic is trying to shield us from will be useful to breaking the cycle.

As the inner critic is silenced our thoughts will also change.

What is your inner critic telling you that is not serving you?

### 3.

## COUNTERACT STRESS

The fight or flight response was useful in the stone ages when we had to run from lions and other predators. However, in today's world we are still generating a fight or flight response. We are overstimulated and stressed due to multiple demands. As a result, we must find ways to counteract these stressors.

These include exercise, mediation, talking with friends or family, walking outside in nature, journaling, to name a few of the popular ones. The key is neutralizing that response.

This needs to be done several times a day to effectively counteract the stress, that build as the day goes by.

By doing that you are able to build reserves to help counter the stressors as they come and you do not find yourself as drained or stressed at the end of the day. It allows you to be effective and have more productive.

What action will you start today to help counteract stress?



Chances of success are higher if you surround yourself with the knowledge and wisdom that comes from different mentors with different experiences and different skills.

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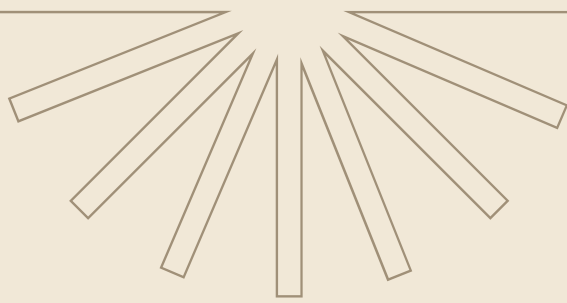
**DO THINGS AT  
YOUR OWN PACE,**  
*Life is not a race.*



[www.mind-u.io](http://www.mind-u.io)







4.

## MANAGE EXPECTATIONS

Through our expectations, there is often the illusion of control. The other person was not necessarily on the same page. As a result, that leaves us feeling empty and depleted. We are often disappointed for we do not get what we wanted. This happens when life throws curveballs and we try to control those curveballs. Managing the curve balls requires different thoughts and emotions and hence actions and results.

Did we seek an agreement with the other person to ensure that everyone was on the same page?  
How are we handling those curveballs? Are we trying to manage them or control them?



## 5.

# HAVE A GROWTH MINDSET

Albert Einstein said " The definition of insanity is doing the same thing over and over and expecting a different result".

Human nature is to remain safe and comfortable and not stretch ourselves. However, to change one must get uncomfortable. One must push past the discomfort. It is knowing that there will be a gain as a result of the current pain. It may not be immediate, but it will come. It is through that trial and error that success is achieved. The learning occurs in the failures.

What goal have you been trying to achieve? Did you apply a growth mindset?

