

## ***Burnout Recovery: Addressing Burnout & Improving Wellbeing***

*Reflect on the stress you have been experiencing.*

***How you feel is real.***

*Plan to address stress and improve your wellbeing.*

***How do you want to live?***

I have conducted many webinars addressing stress and guiding participants toward wellbeing. There has never been a higher level of consciousness surrounding our mental health than now. This will provide us, as individuals and communities, with profound gifts in the coming years. Crisis has a way of pushing our norms and routines with reflection and action.

In 2019, The World Health Organization added burnout to its classification of diseases, not as a disease but as something doctors may be seeing in their offices. WHO offers this definition of burnout: “a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

***At home and work, things may feel unmanageable.***

Today, you can ***redesign, reorganize, and recommit*** to your life to gain clarity and sanity. This proactive approach to your wellbeing will return benefits to you for many years to come. It will return benefits to your loved ones, your colleagues, your organization, and your community.

### **Symptoms of Burnout**

*Know the signs:*

- Exhaustion (physical and mental)
- Cynicism
- Feeling useless or helpless
- Avoiding
- Everything gets under your skin (anger, irritation, frustration)
- Mind wandering and lack of focus
- Lack of sleep
- Headaches or pain in the stomach/bowels
- Depression or sadness
- Hating your job
- Overuse of drinking alcohol or food or other comforts

- Need to take more sick days than usual

### **Coaching thoughts to improve wellbeing**

*Learn to shift toward wellbeing and become more effective (not less!) and create a plan:*

- Take a proactive approach to personal wellbeing
- Eliminate energy wasters
- Gain control over thoughts
- Become more self-aware
- Develop positive habits at home and work
- Debunk myths about worthiness
- Develop boundaries
- Connect with the present moment to gain peace and efficiency (mindfulness)
- Cultivate self-compassion
- Take time off to recharge without guilt
- Get enough sleep (7+ hours)
- Minimize numbing with alcohol or food that makes you feel worse rather than better
- Find new growth opportunities, renew an interest in learning
- Maintain hope for the future
- New perspective about uncertainty (you are resilient!)
- Move your body

Today it is common to find yourself burnt out, but armed with the knowledge and a plan, you can begin burnout recovery. You are worth the time, attention, and resources it takes to be well and stay well. This is the gift you give yourself!

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