How To Not Burn Out

or

Whoops, Too Late, Now What?
If I look at the mass, I will never act. If I look at one, I will.
-Mother Theresa

What’s the deal with Burnout?
<table>
<thead>
<tr>
<th>Cognitive</th>
<th>Emotional</th>
<th>Behavioral</th>
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</thead>
<tbody>
<tr>
<td>Apathy</td>
<td>Powerlessness</td>
<td>Nightmares</td>
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<tr>
<td>Rigidity</td>
<td>Survivor guilt</td>
<td>Appetite changes</td>
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<tr>
<td>Confusion</td>
<td>Fear</td>
<td>Substance abuse</td>
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<tr>
<td>Perfectionism</td>
<td>Sadness</td>
<td>Poor sleep</td>
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<td>Trauma-imagery</td>
<td>Numbness</td>
<td>Impatience</td>
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<td>Self-doubt</td>
<td>Shutdown</td>
<td>Withdrawn</td>
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<td>Spaciness</td>
<td>Anger</td>
<td>Change reluctance</td>
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<tr>
<th>Spiritual</th>
<th>Interpersonal</th>
<th>Physical</th>
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<tbody>
<tr>
<td>Loss of purpose</td>
<td>Envy</td>
<td>Dizziness</td>
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<tr>
<td>Anger at God</td>
<td>Isolation</td>
<td>Aches and pains</td>
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<tr>
<td>Ennui</td>
<td>Mistrust of friends</td>
<td>Impaired immune system</td>
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<td>Pervasive</td>
<td>Less intimacy</td>
<td>Digestion issues</td>
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<td>hopelessness</td>
<td>Intolerance</td>
<td>Sweating</td>
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<tr>
<td>Questioning</td>
<td>Impact on</td>
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<tr>
<td>beliefs</td>
<td>parenting</td>
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Never succumb to the temptation of bitterness.
-Martin Luther King, Jr.

Who’s at risk for burnout?
Shared awkwardness is the best kind of awkwardness.

Briefly share an experience of burnout
How to Treat Burnout:

Step 1:

Step 2:

Step 3:
How to Treat Burnout:

Step 1: Awareness

Step 2:

Step 3:
How to Treat Burnout:

Step 1: Awareness

Step 2: Acceptance

Step 3:
How to Treat Burnout:

Step 1: Awareness
Step 2: Acceptance
Step 3: Action
How to Treat Burnout:

Step 1: Awareness
Step 2: Acceptance
Step 3: Action

You two-thirds done!
The Myths of Self Care:

- You need to do it alone
- You need to be relaxed
- You need to spend money

Never tell someone they need to do more self care.
Compassion for others begins with kindness to ourselves.
-Pema Chödrön

Self-Compassion Promotes Self-Care
An escalator can never break: it can only become stairs. You should never see an Escalator Temporarily Out Of Order sign, just Escalator Temporarily Stairs. Sorry for the convenience.
- Mitch Hedberg
Self-Compassion is not:

- Self-Pity (isolating)
- Self-Esteem (judging)
- Self-Indulgence (regretting/rebelling)
- Self-Criticism (pride denying)
The Perils of Overthinking

- Why do I bother?
- Everyone is staring at me.
- Why do people think of me?
- Am I good enough?
- Am I doing the right job?
- I've made a mistake.
- I'm doing this wrong.
- What do people think of me?

Chronic
Self-Compassion:

- Self-Kindness - Be good to yourself
- Sense of Common Humanity - You’re not alone
- Mindfulness - Be here now, don’t overthink

You always free to be kind to yourself.
Repeat in your mind:

May I be safe
May I be happy
May I be healthy
May I live with ease

Meditation: Loving Kindness
Failing is Necessary, so is Forgiveness

Your mind will answer most questions if you learn to relax and wait for the answer.
-William S. Burroughs
Everyone has been made for some particular work, and the desire for that work has been put in every heart.

-Rumi
Go
The
Fuck
Home
The time is always right to do what is right.
-Martin Luther King, Jr.
Online:

Kristin Neff’s Self-Compassion site: (practices and research)
self-compassion.org

Do Nothing for 2 Minutes (app and site)
donethingfor2minutes.com

Books:

“Man’s Search for Meaning”
by Viktor E. Frankl

“When Things Fall Apart”
by Pema Chödrön

“The Mindful Path to Self-Compassion”
by Christopher Germer

“The Subtle Art of Not Giving a F*ck”
by Mark Manson

Beware the person of one book
-Thomas Aquinas
How to get out of bed in four easy steps!

1. Don't hit snooze...
2. Hey! We said don't hit snooze. OK! I'm awake!
3. Seriously, stop it.
4. If all else fails, get a cat.

Gemma Correll
Sleep is the best meditation.
-HH Dalai Lama

If all else fails, celebrate getting out of bed
● How can you be more kind to yourself?

● What can you forgive of yourself?

● What if you chose to do nothing?

Nothing will work unless you do.

-Maya Angelou