

A woman with long dark hair, wearing a bright yellow long-sleeved shirt and blue jeans, is sitting cross-legged on a bed. She is holding a smartphone to her ear with her right hand and gesturing with her left hand as if in a conversation. In front of her is an open laptop and some papers. The background shows a window with wooden frames and a large green plant.

RECOGNIZING AND PREVENTING BURNOUT: STOP, FEEL, AND BE.

Presented By Iola Yhap-Wilson and Jo Modeste

Align & Elevate Co.

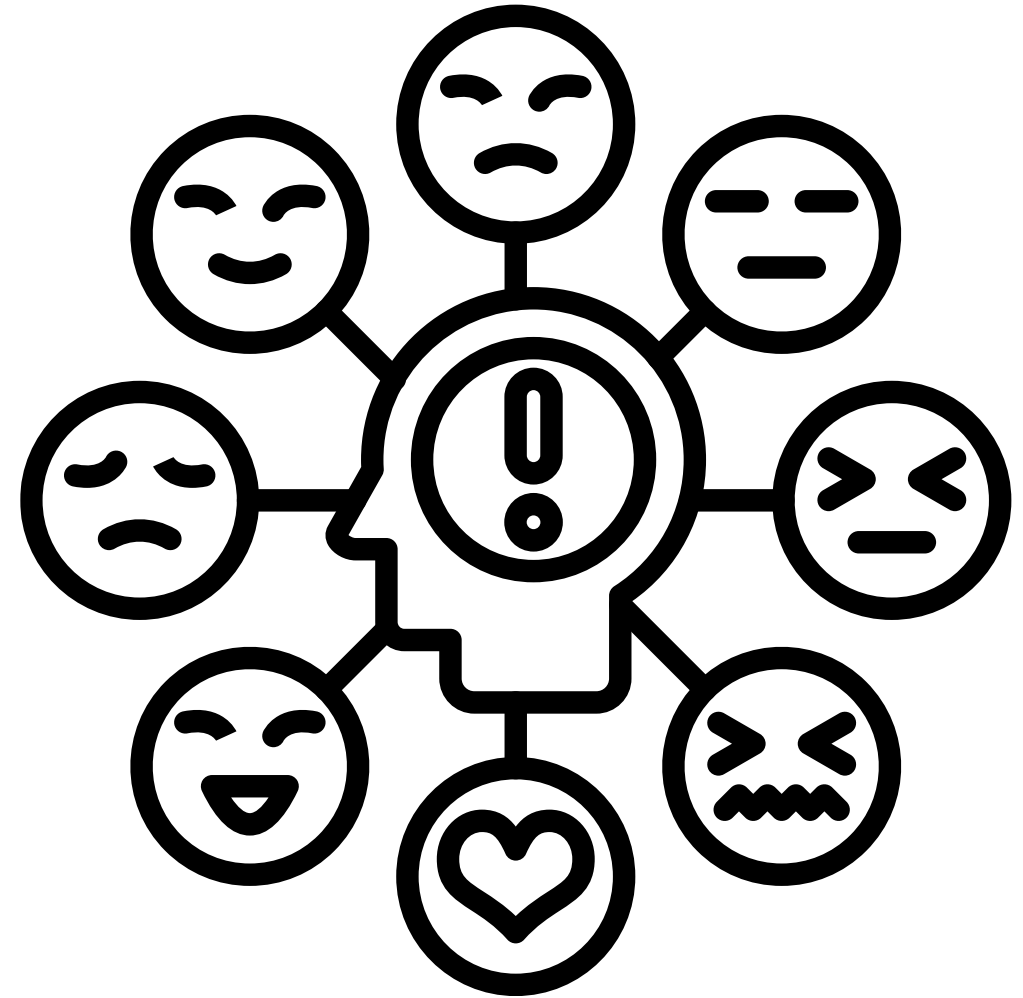
Because self-care is the best care...



BURNOUT!

What is it?

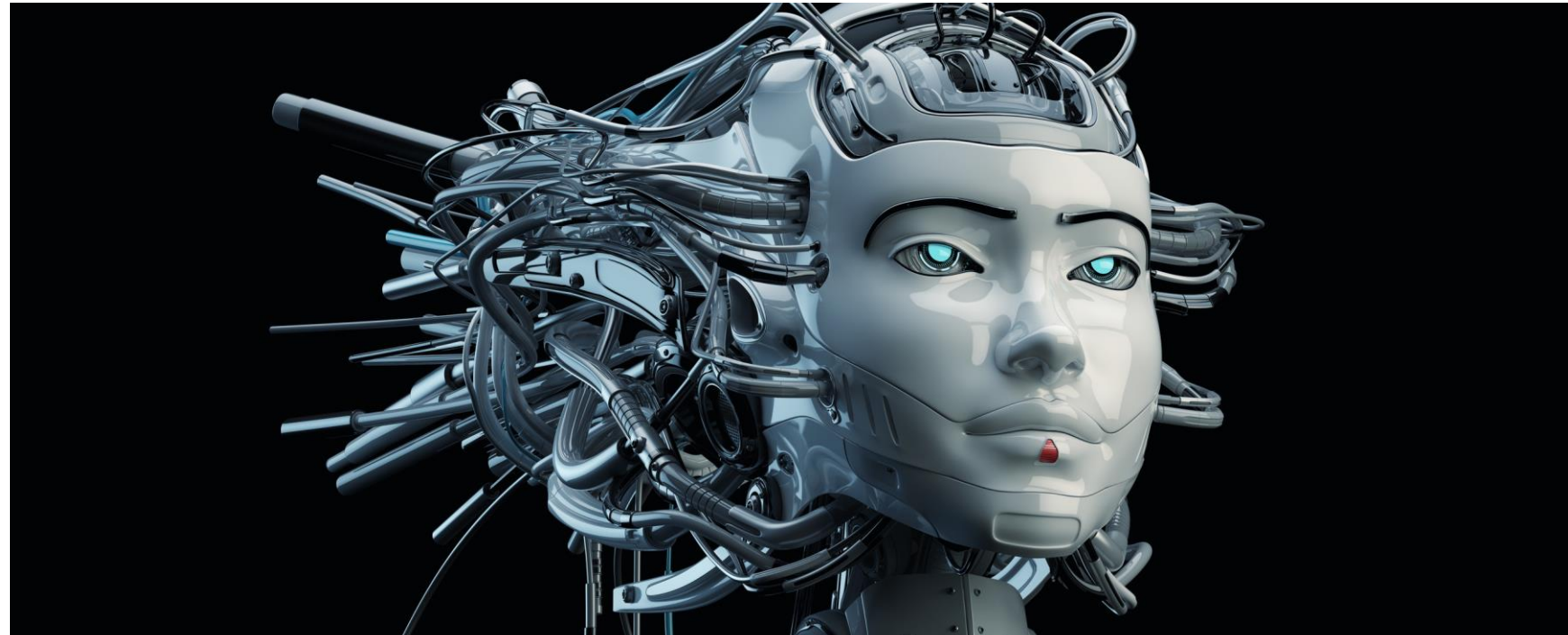
Burnout is a state of Emotional, Mental, and Physical exhaustion caused by excessive and prolonged stress.



WHY DOES BURNOUT HAPPEN?

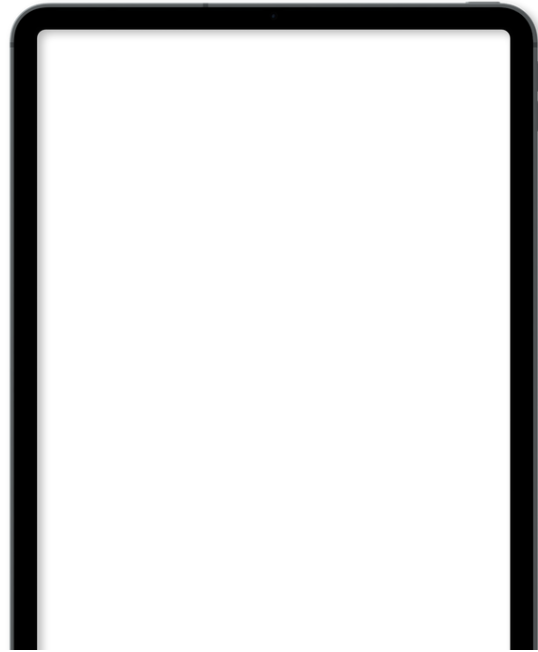


WHEN WE AVOID BEING HUMAN FOR TOO LONG

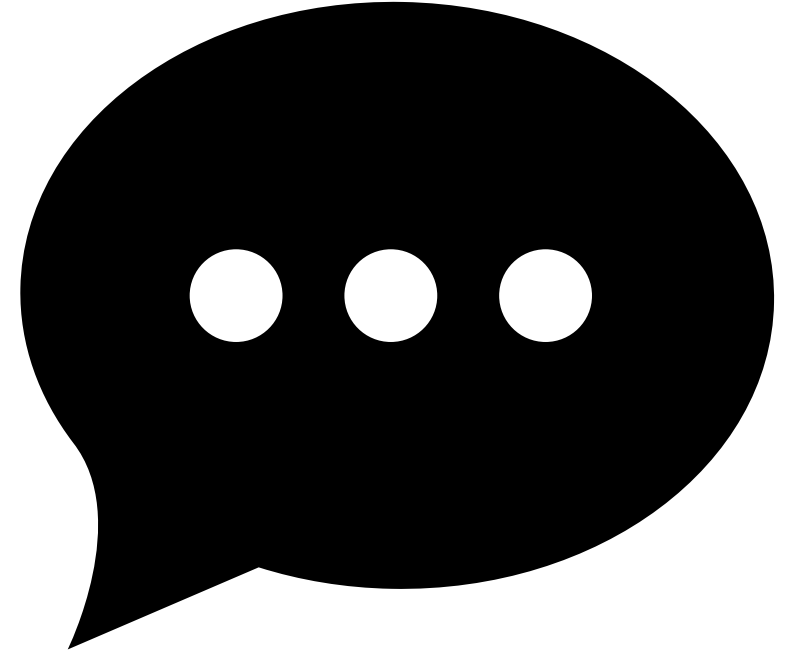




84%



148%



45%

"LAZINESS"

POOR
PERFORMANCE

LOW
ENERGY

PROCRASTINATION

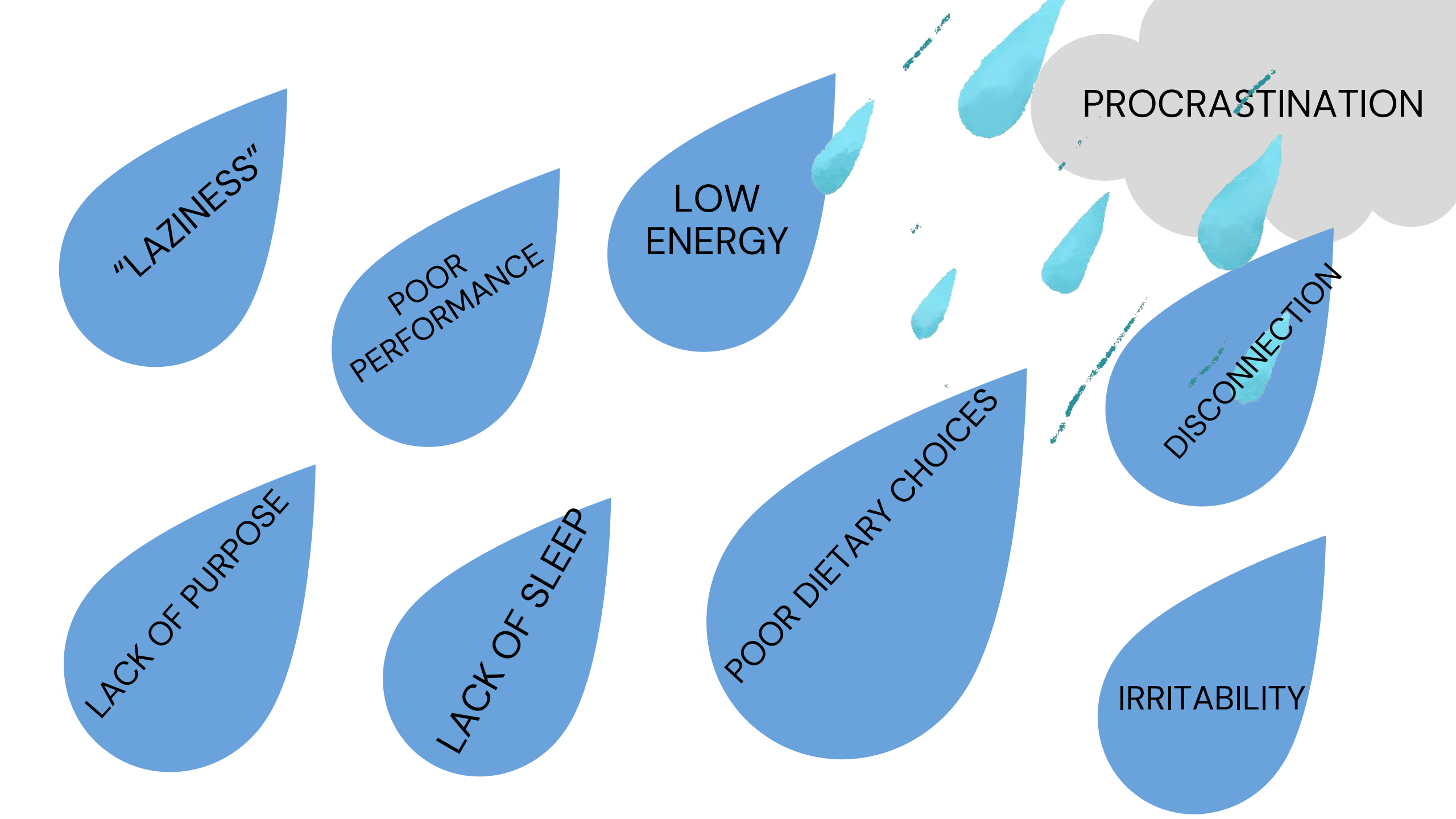
LACK OF PURPOSE

LACK OF SLEEP

POOR DIETARY CHOICES

DISCONNECTION

IRRITABILITY



What Can Burnout Lead To???

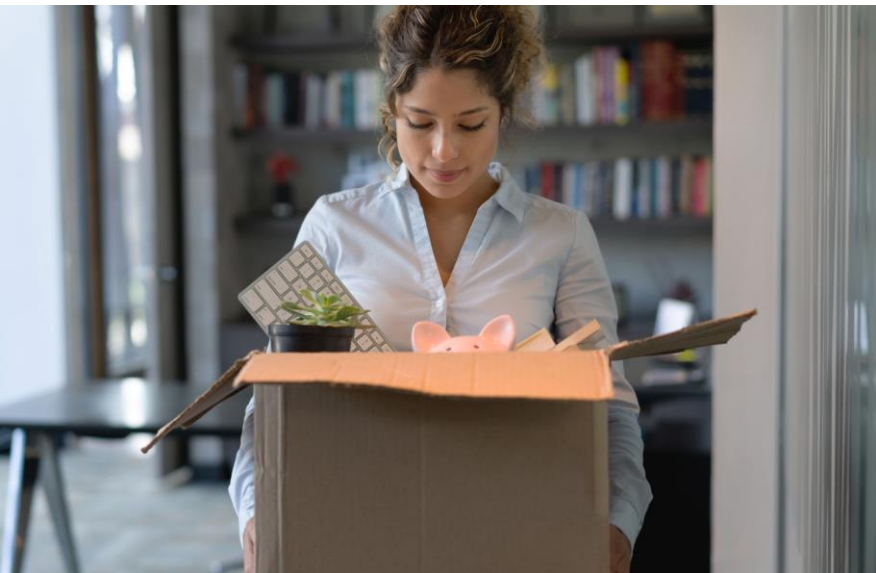




Strained Relationships



Hospitalization



Job Loss



Loss of Self

HOW DO YOU
EVEN GET
THERE?



all plum
Pick up kids
Return library
Parent-teacher meeting
Dance class
Make doctor appointment
Groceries shopping
Fill in tax form
Birthday party
Call babysitter
Kitchen clean-up
check-up
hotel reservation
buy gift

CHECKING OFF THINGS ON OUR TO-DO
LIST BUT **NOT** CHECKING IN WITH
OURSELVES

“YOU FINISH THE
DAY BUT YOU DON'T
FEEL THE DAY.”

Brendan Burchard



HOW CAN WE
HELP PREVENT
BURNOUT?



FEEL

A black and white photograph of a hand held palm up, with the word "stop" written in white lowercase letters across the center of the palm. The background is dark and out of focus.

stop



REMOVE





lessen



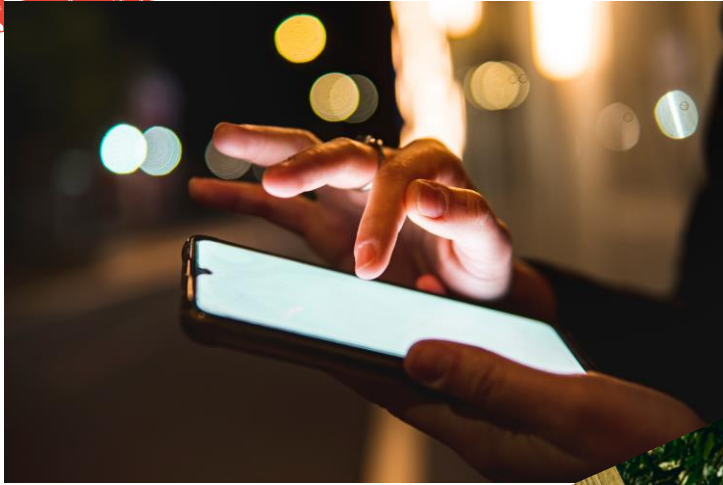
BE





What does burnout prevention look like?

PRIORITY



Take Your Decision-Making Temperature

Do I want to take on this role, responsibility, or task?

YES

Yes, If my boundaries
are clearly
communicated and
honored

NO

Bandwidth

Bandwidth

Mental

Emotional

Physical





Intentional Self-Care

Step 1 **STOP**

Recognize your body's warning
signs

Step 2 **FEEL**

Activate your self-care support
squad and/or toolkit and
communicate your boundaries

Step 3 **BE**

Rebuild, strengthen, and practice
your self-care journey



One of Joseph's children is having issues at school, and he's gotten several calls from teachers while he's at work. He still has to manage his daily workload, and he is starting to fall behind because of the time spent talking to the school. He wants to ensure that his child has everything they need to succeed, and he also wants to work towards being promoted in the near future. What can his burnout prevention plan look like?



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In the past few months, Sandra noticed that she has become increasingly irritable and short tempered. Although she has enjoyed her career in the past, she catches herself mentally checking out in meetings, and the quality of her work has declined. She normally offers to stay after work to complete time-sensitive projects, but she doesn't feel up to it anymore. What can her burnout prevention plan look like?

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Julie has been asked to become a long-term foster parent to her one-year old niece. Her sister has some addiction issues that need to be addressed, and she doesn't want her niece to go to a family that she is totally unfamiliar with. While Julie doesn't have children of her own, she knows that this is a huge responsibility and is sure that her lifestyle is going to change for the foreseeable future. What can her burnout prevention plan look like?

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AFFIRMATIONS



I AM DESERVING OF AND HAVE THE POWER TO
CREATE A BURNOUT PREVENTION PLAN THAT
SERVES MY UNIQUE LIFE CIRCUMSTANCES.

A close-up photograph of a piece of light-colored, textured paper with a blue pen. The pen has just finished writing the words "SELF CARE IS NOT SELFISH" in a bold, uppercase, sans-serif font. The text is enclosed within a hand-drawn blue circle. The paper is placed on a pink background. A silver pen is visible in the bottom right corner of the frame.

SELF CARE
IS NOT
SELFISH

I UNDERSTAND THAT SELF-CARE IS NOT SELFISH,
AND IT SUPPORTS THE ABILITY FOR ME TO SHOW
UP AS MY BEST, AUTHENTIC SELF.

A top-down photograph of a wooden surface. In the center, eight light-colored wooden blocks are arranged in a horizontal line, each with a black letter on top, spelling out the word "BOUNDARY". To the left of this main row, several other wooden blocks are scattered and tilted at various angles. Some of these blocks show letters like 'W', 'G', 'H', 'F', 'D', and 'B'. The wood grain of the surface is clearly visible, running vertically.

B O U N D A R Y

**HAVING HEALTHY BOUNDARIES IS THE MOST
SUSTAINABLE WAY TO SHARE MY GIFTS AND
TALENTS WITH THE WORLD.**

Burnout Prevention Book List



Burnout: The Cost of Caring
Christina Maslach

Burnout: The Secret to Unlocking the Stress
Cycle
Emily Nagoski

Can't Even: How Millennials Became the
Burnout Generation -Ann Helen Petersen

Set Boundaries, Find Peace
Nedra Glover Tawwab



CONTACT US

Jo Modeste 860-874-6383

Iola Yhap-Wilson 872-772-9745

alignandelevateco@gmail.com