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
PROCRASTINATION

LAZINESS
POOR PERFORMANCE
LOW ENERGY
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?
Pick up kids
Return library books
Parent-teacher meeting
Dance class
Make doctor appointment
Groceries
Shopping
Fill in tax form
Birthday party
Call babysitter
Kitchen clean-up
Check: hotel/rental
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
stop
lessen
What does burnout prevention look like?
Take Your Decision-Making Temperature

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

YES  NO

Yes, If my boundaries are clearly communicated and honored

Bandwidth

Mental Emotional Physical

Bandwidth
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?
Intentional Self-Care

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Rebuild, strengthen, and practice your self-care journey
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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NO

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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?
Take Your Decision-Making Temperature

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Intentional Self-Care

**Step 1**
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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
I AM DESERVING OF AND HAVE THE POWER TO CREATE A BURNOUT PREVENTION PLAN THAT SERVES MY UNIQUE LIFE CIRCUMSTANCES.
I understand that self-care is not selfish, and it supports the ability for me to show up as my best, authentic self.
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
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