

How To Not Burn Out

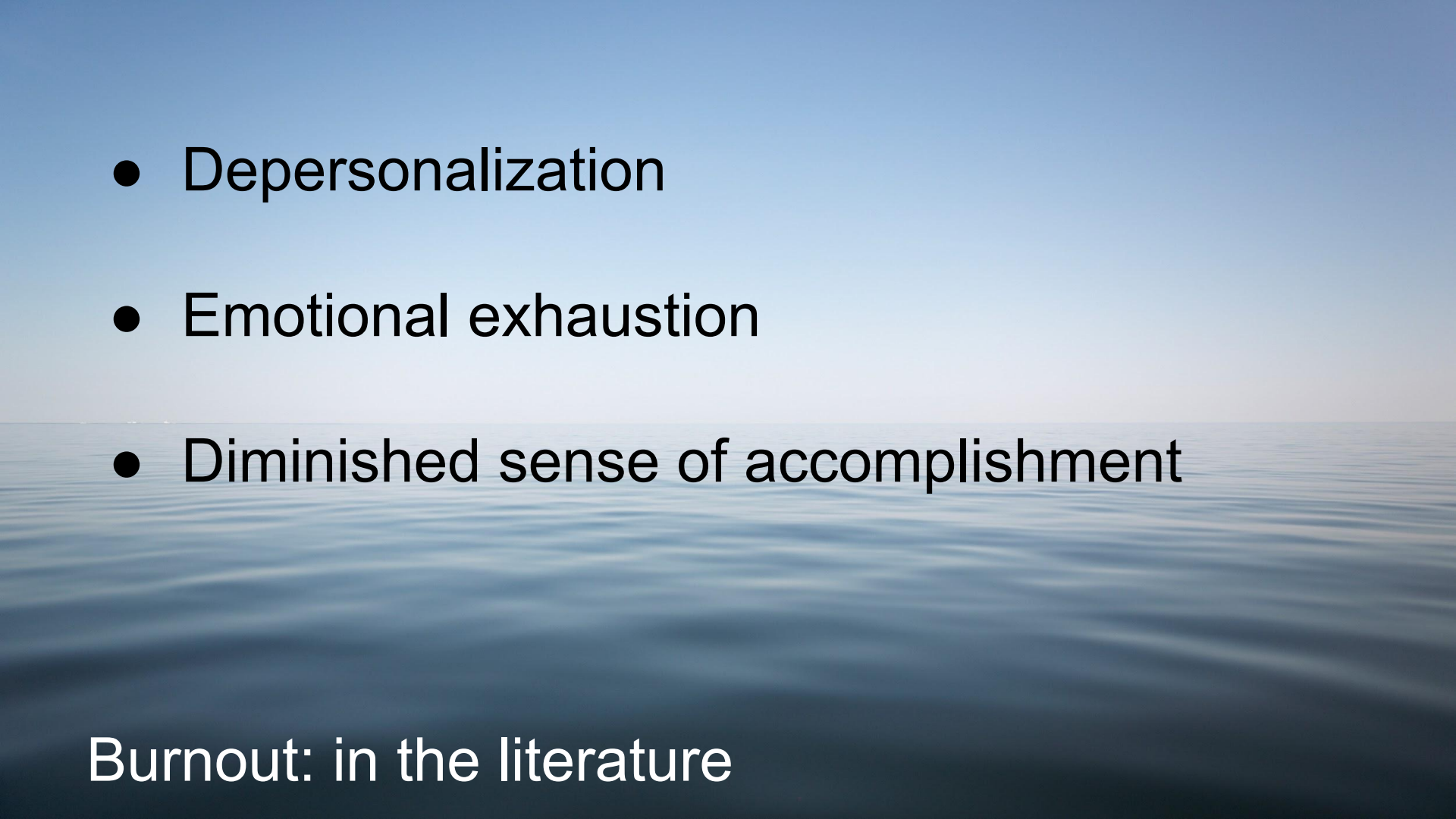
or

Whoops, Too Late, Now What?

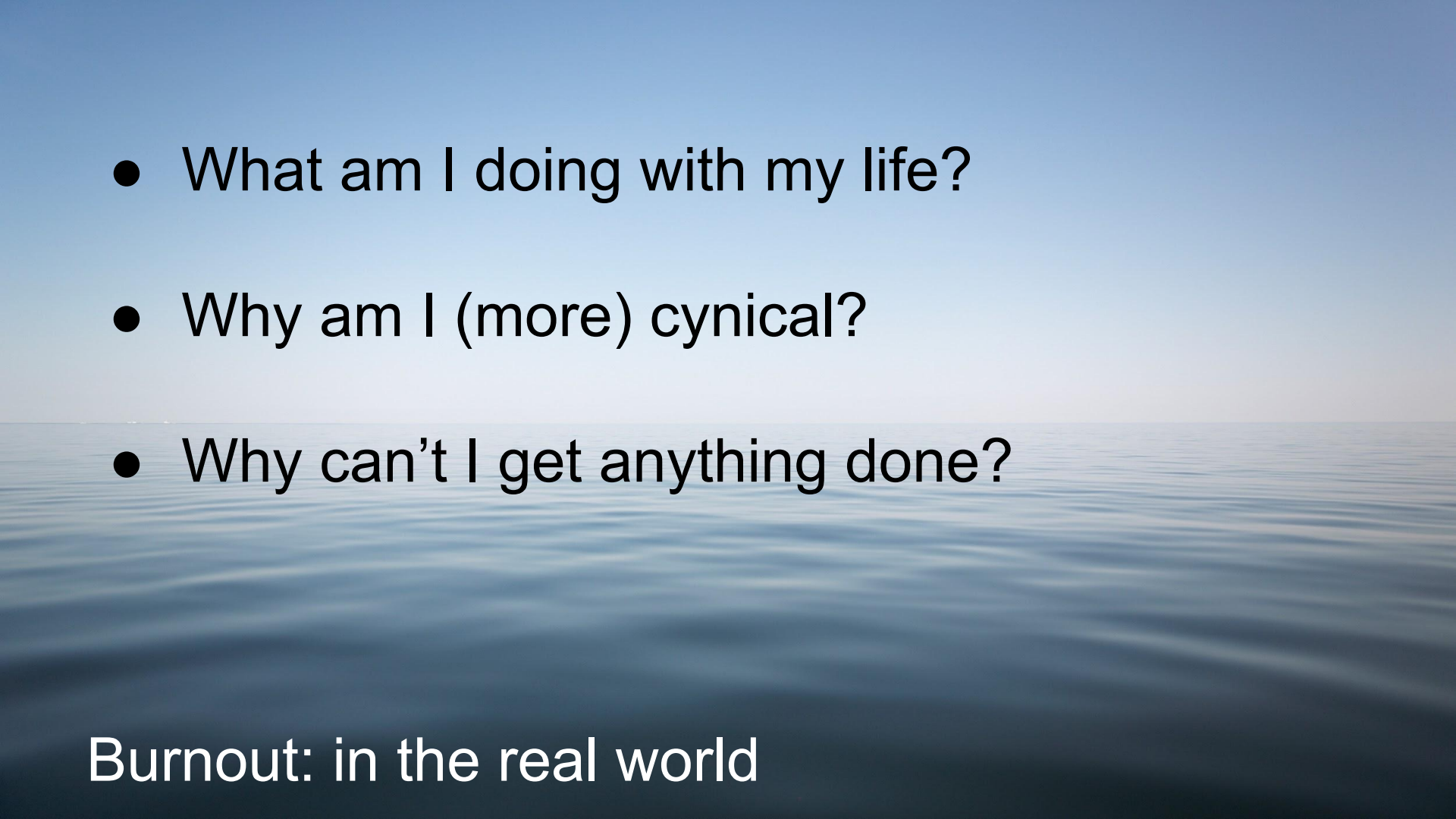


If I look at the mass, I will never act. If I look at one, I will.
-Mother Theresa


What's the deal with Burnout?

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- Depersonalization
 - Emotional exhaustion
 - Diminished sense of accomplishment

Burnout: in the literature

- 
- What am I doing with my life?
 - Why am I (more) cynical?
 - Why can't I get anything done?

Burnout: in the real world

A scenic landscape photograph featuring a range of rugged, snow-dusted mountain peaks in the background. The mountains are partially covered in white snow, contrasting with their dark, rocky slopes. In the foreground, a thick, lush green forest of coniferous trees stretches across the lower half of the image. The sky above is filled with soft, white clouds, suggesting a bright but slightly overcast day. The overall composition is a wide-angle shot, capturing the grandeur of the natural environment.

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:

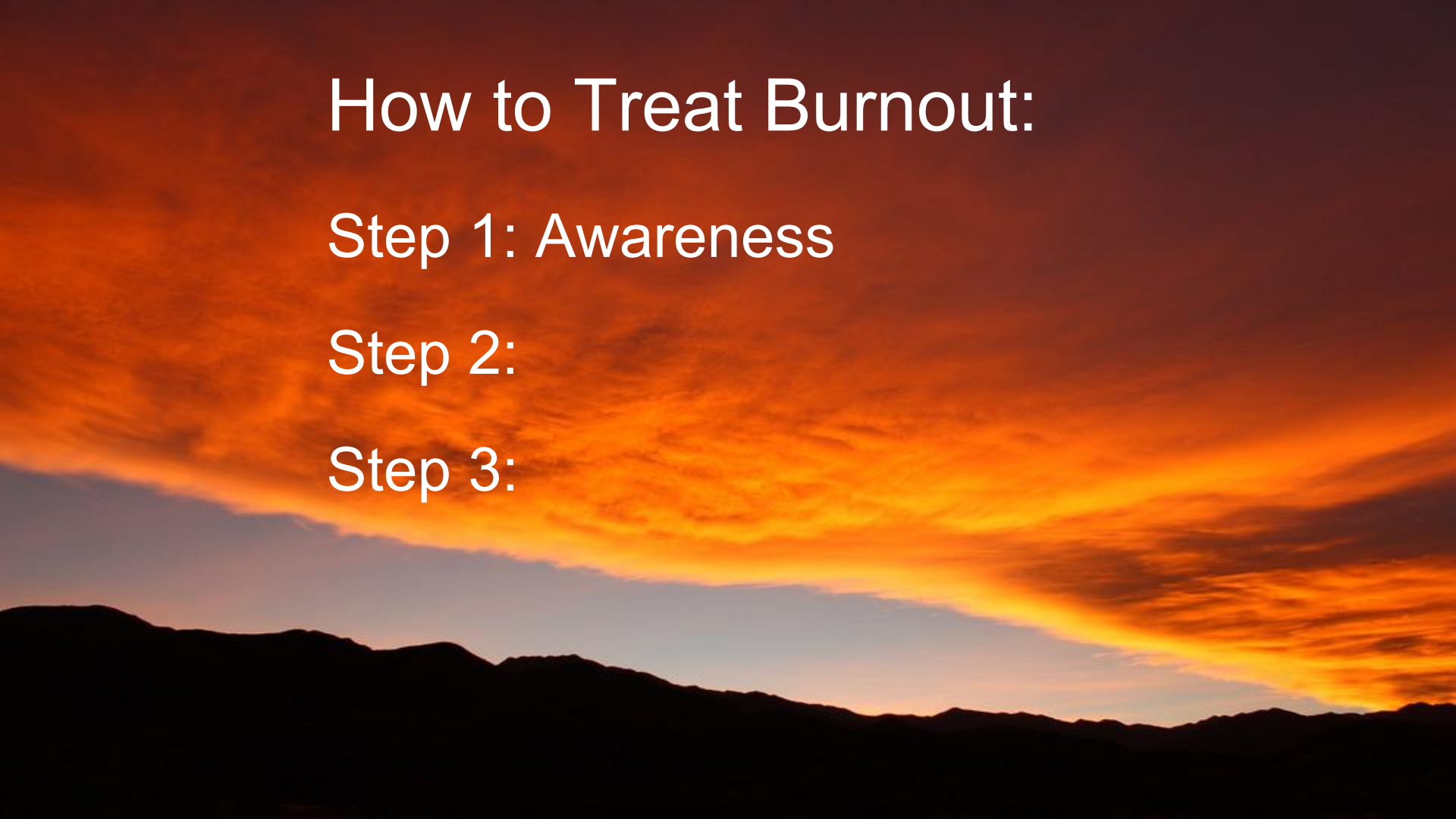


How to Treat Burnout:

Step 1: Awareness

Step 2:

Step 3:



How to Treat Burnout:

Step 1: Awareness

Step 2: Acceptance

Step 3:

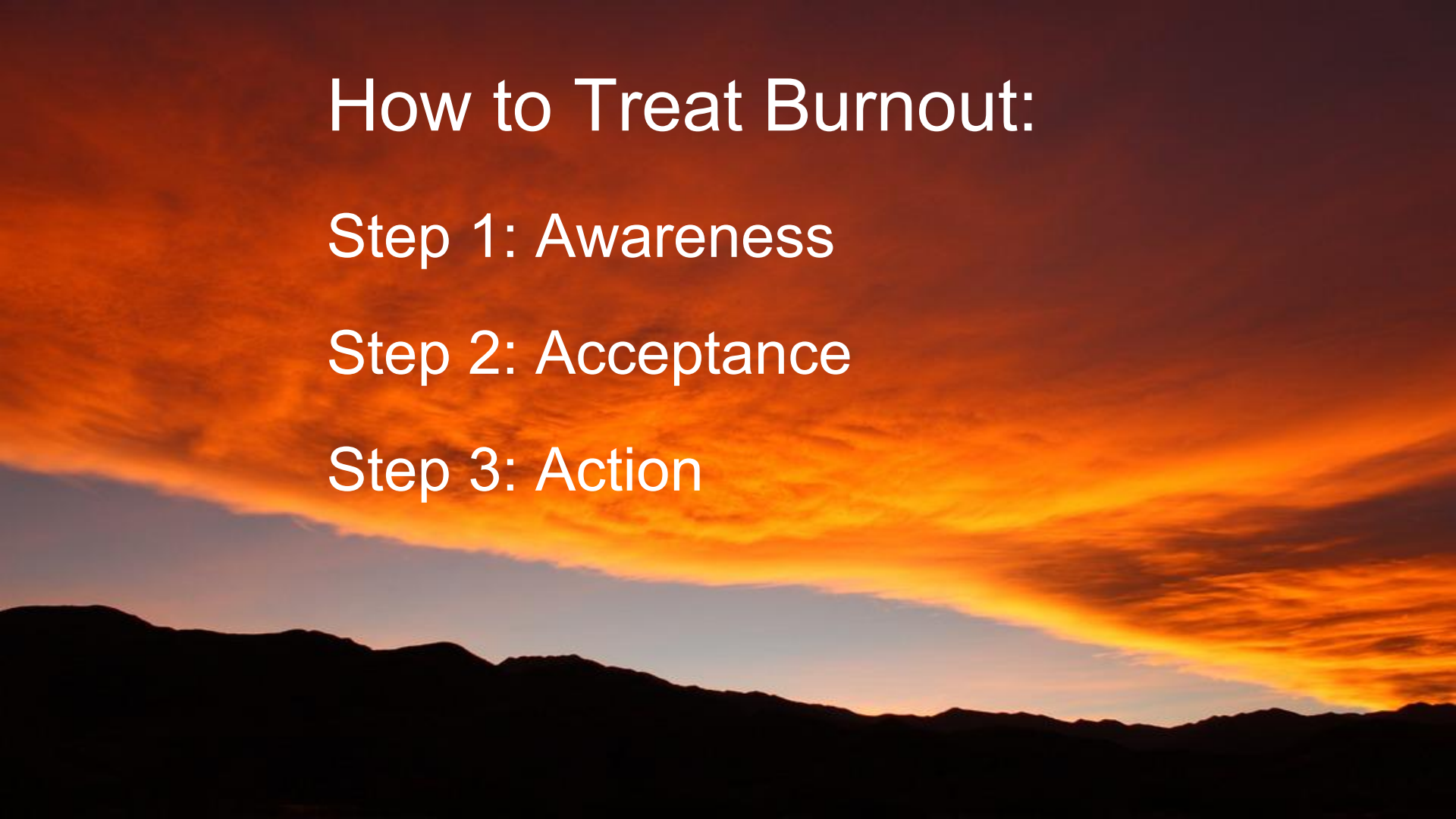


How to Treat Burnout:

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

A detailed landscape painting of a mountain valley. In the foreground, a grassy slope leads down to a calm lake. Several cows are grazing on the grass in the lower right. The lake reflects the surrounding mountains and trees. In the background, majestic mountains rise under a clear sky. The overall scene is peaceful and idyllic.

Self-Compassion Promotes Self-Care

Time for a break

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)





CHRONIC
THE PERILS OF A OVERTHINKING

You always free to be kind to yourself.

Self-Compassion:

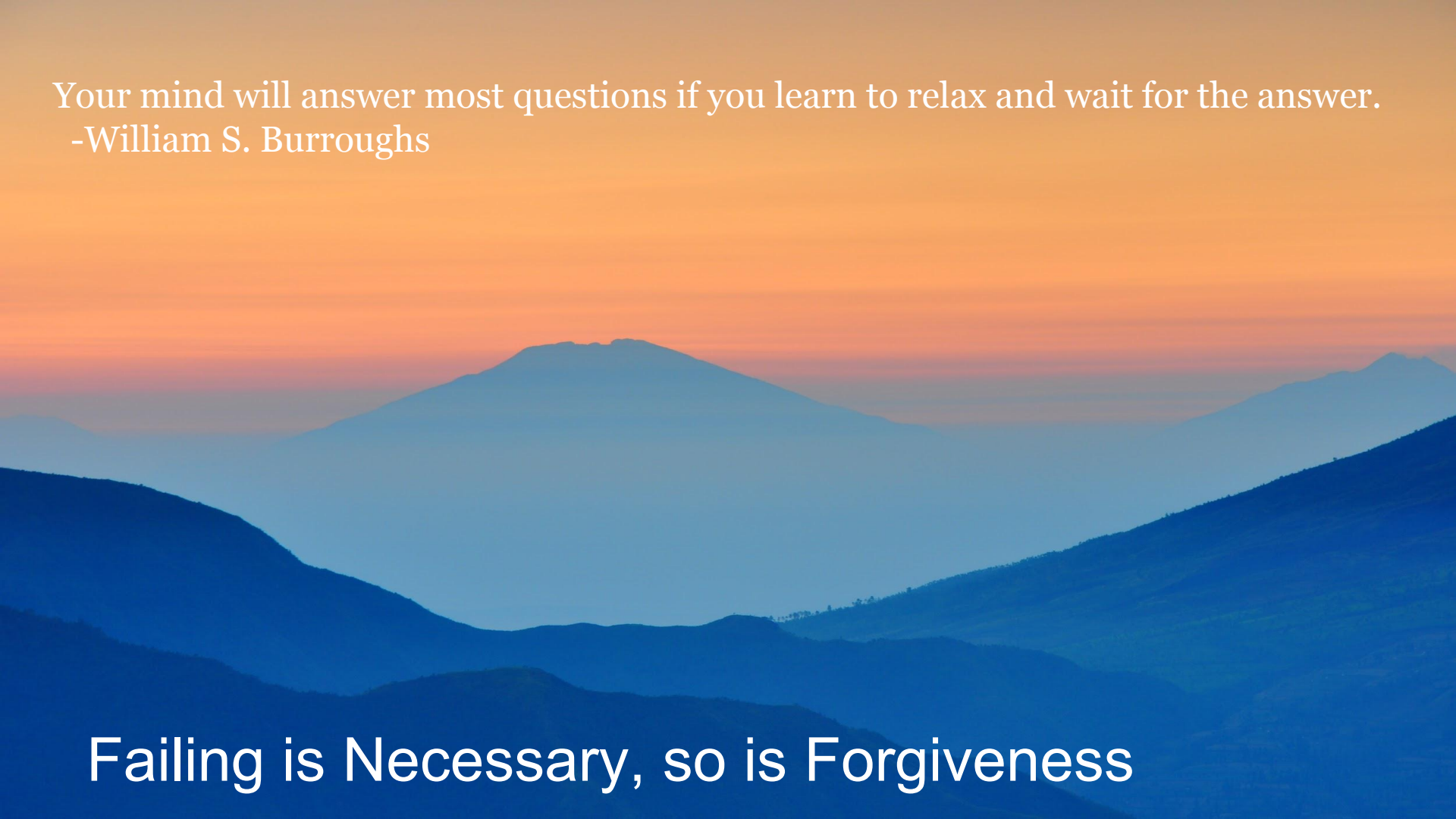
- Self-Kindness - Be good to yourself
- Sense of Common Humanity - You're not alone
- Mindfulness - Be here now, don't overthink

The time is always right to do what is right.
-Martin Luther King, Jr.

Meditation: Send Goodwill to Others

Your mind will answer most questions if you learn to relax and wait for the answer.

-William S. Burroughs



Failing is Necessary, so is Forgiveness

Everyone has been made for some particular work, and
the desire for that work has been put in every heart.

-Rumi

How to Not Work So Much

Go

The

F*ck

Home

Who are you gonna call?
-Ghostbusters

Next Steps and Other Resources

Online:

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

Do Nothing for 2 Minutes
(app and site)
donothingfor2minutes.com

Beware the person of one book
-Thomas Aquinas

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

HOW TO GET OUT OF BED

IN FOUR EASY STEPS!



① DON'T HIT SNOOZE...

② HEY! WE SAID DON'T HIT SNOOZE.



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