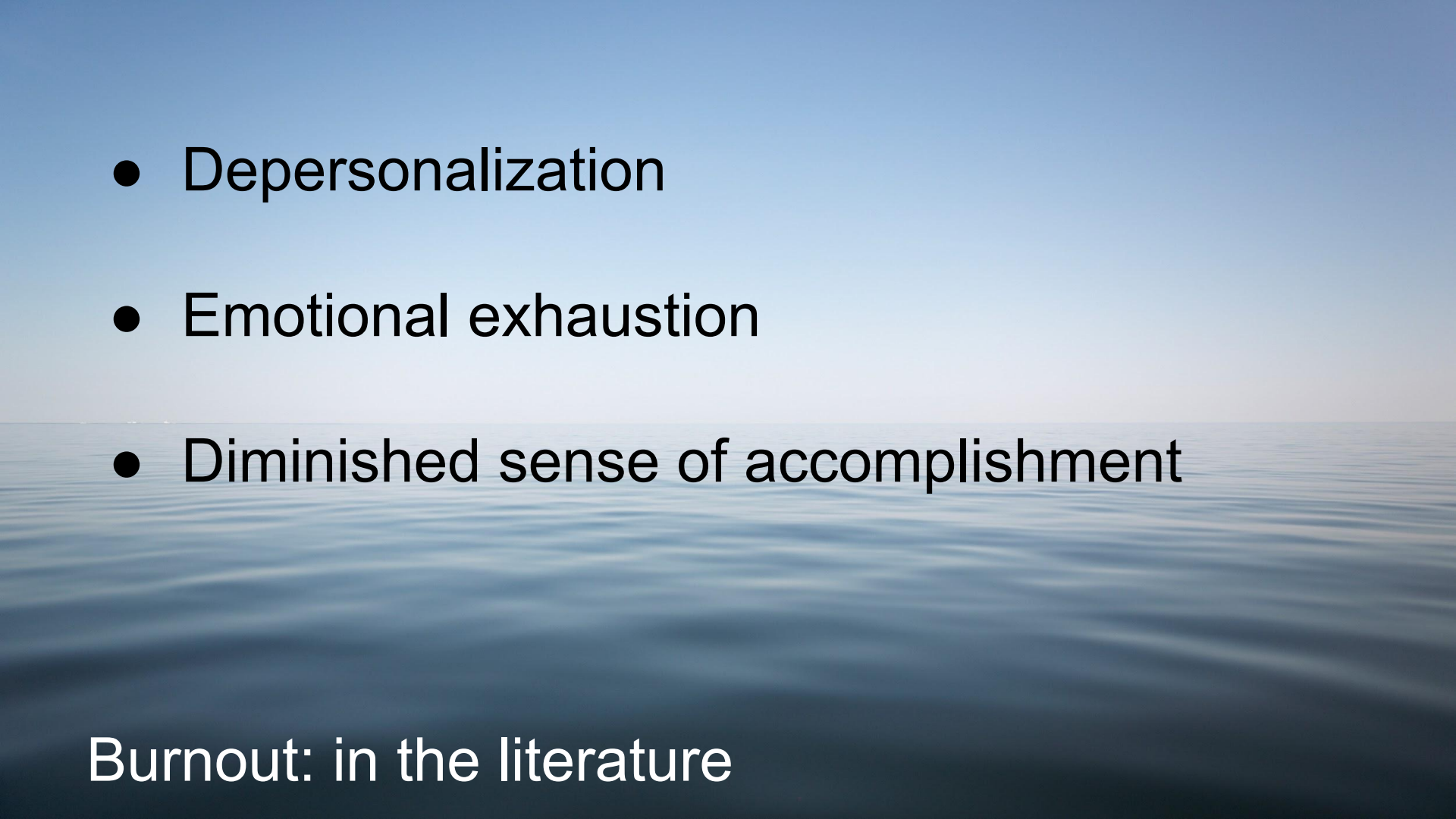# How To Not Burn Out

or

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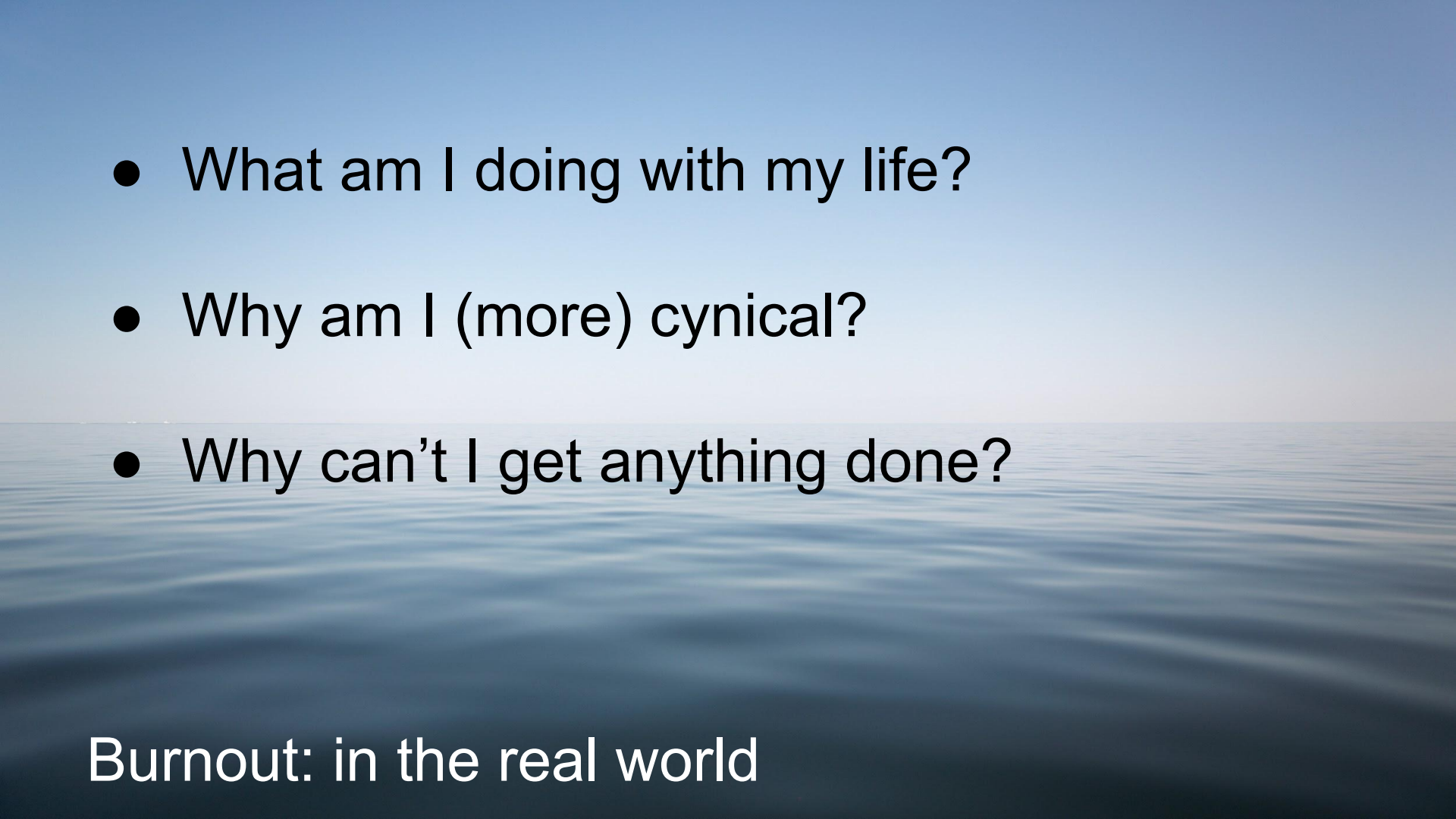
If I look at the mass, I will never act. If I look at one, I will.
 -Mother Theresa

What's the deal with Burnout?

- 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

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:
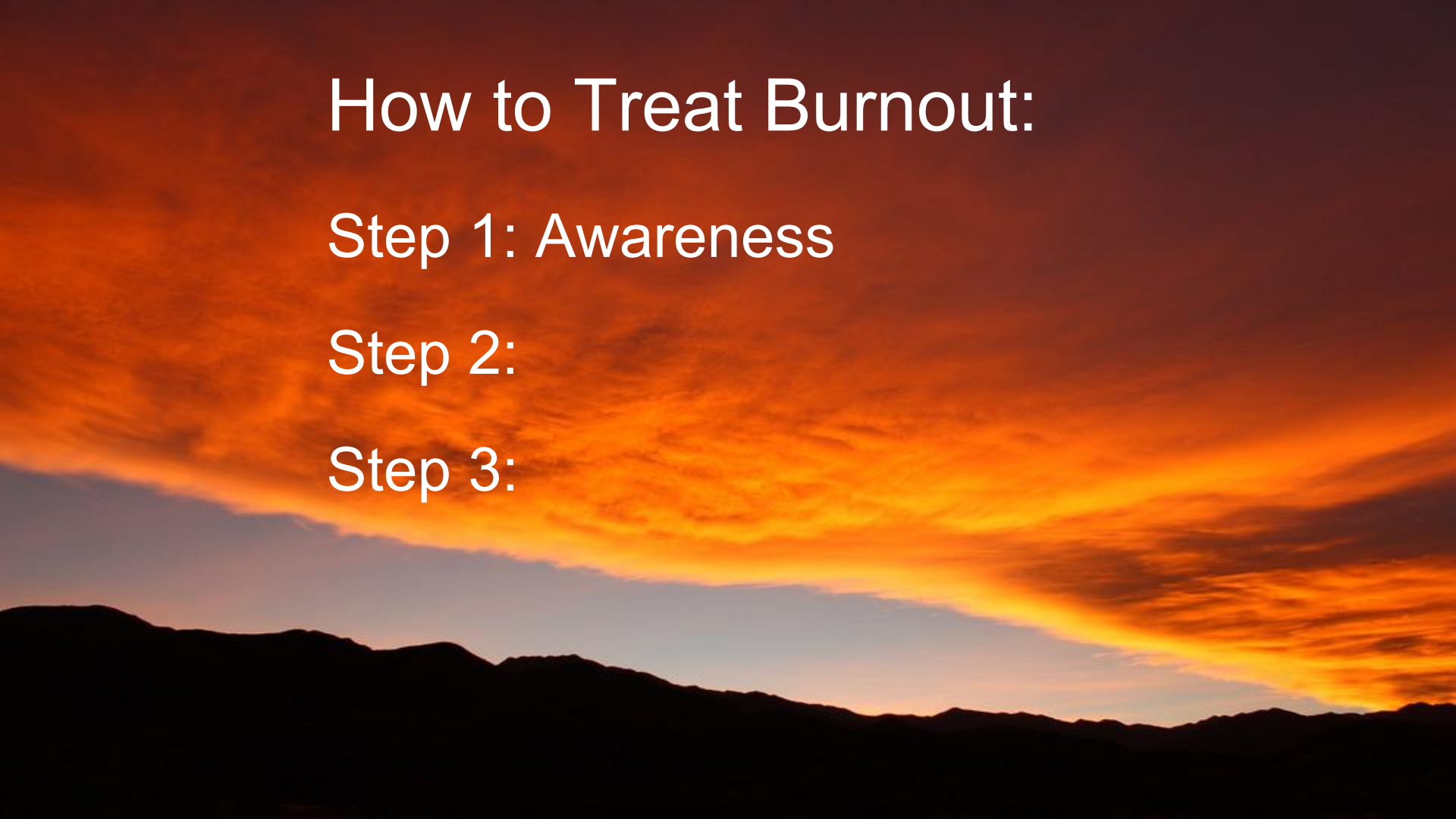
Step 2:

Step 3:

How to Treat Burnout:

Step 1: Awareness

Step 2:

Step 3:

How to Treat Burnout:

Step 1: Awareness

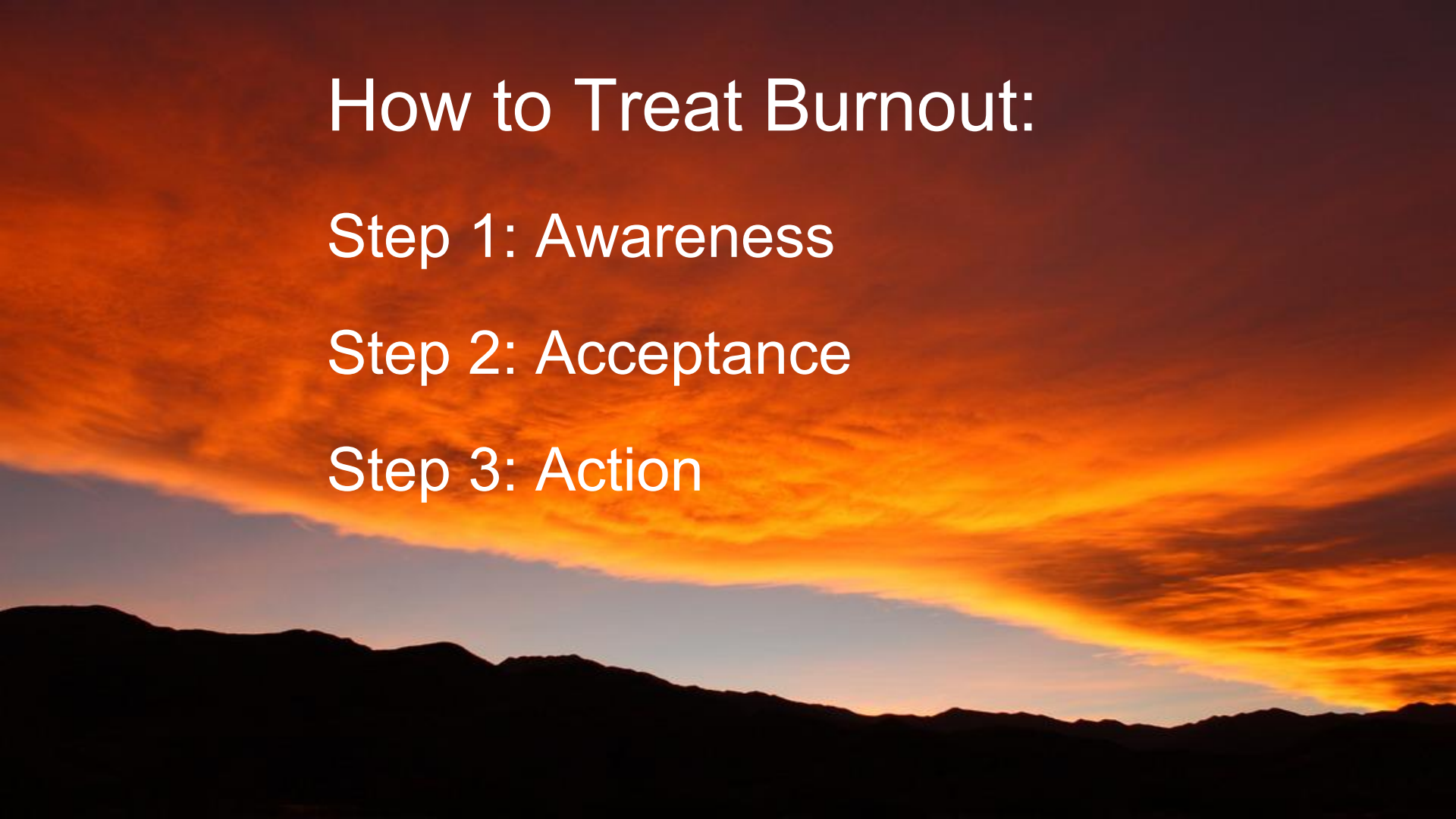Step 2: Acceptance

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

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)

THE PERILS OF CHRONIC OVERTHINKING

Gemma CORRELL '15

You always free to be kind to yourself.
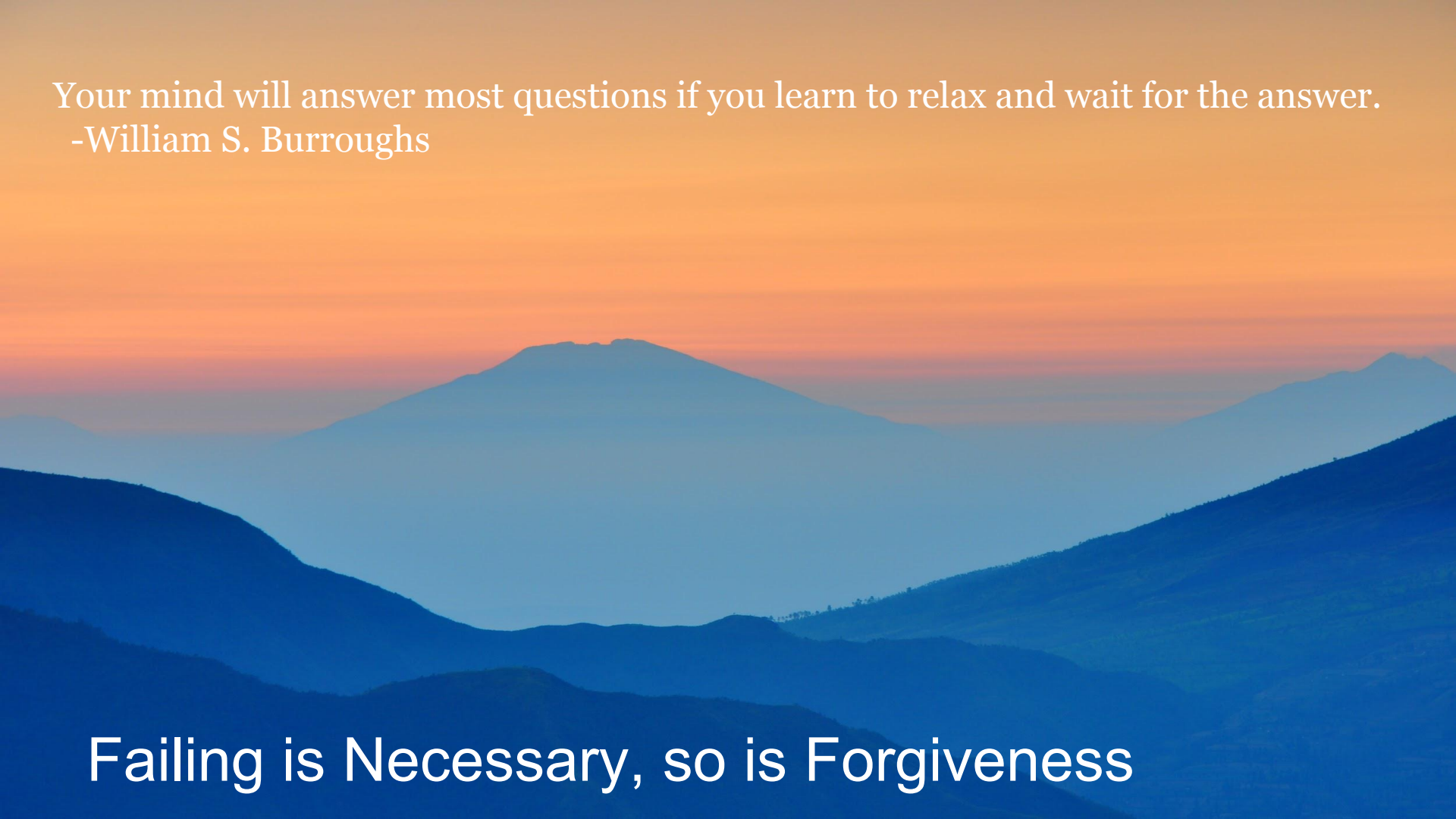
Self-Compassion:

- 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

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