

# Burnout: What We Learned

Staying stuck in a state of stress for long periods leads to:

- Emotional exhaustion
- Less ability to empathize
- Decreased sense of accomplishment
- All of the above = Burnout

How do you get out of the stress state to avoid or overcome Burnout?

- Exercise (get your heart rate up)
- Creative expression (doesn't have to be art! cooking, singing, dancing, crafts, playing, etc)
- Human connection (any positive social interaction)
- Connect to your "something bigger:" What brings meaning to your life? Connect to that—it could be part of your job or not. It could be religious, volunteering, family, a hobby, or something else entirely.
- Rest (enough sleep, breaks between tasks, switching up tasks)
- Fight unrealistic expectations (like body images portrayed in the media, or thinking a challenge should be super easy when it's not)
- Seek facts and truth (instead of assumptions) about stressful situations, and look for positive opportunities. Identify which problems can be solved or lessened to relieve some stress.
- Practice self-compassion
- Being in nature

## Human Giver Syndrome

When you feel you must devote all your time and energy to others rather than tend to your own needs or what you find meaningful, this can lead to becoming a "human giver" and cause burnout. Recognize when you have a choice and set healthy boundaries. An empty vessel can not pour.

Final thoughts from the authors:

- "Trust your body"
- "Be kind to yourself."
- "You are enough, just as you are right now."
- "Your joy matters."
- "Please tell everyone you know."

