

# Mental Health Matters: Managing Burnout and Boosting Resilience

Amelia Wilcox, LCSW

## ★ OBJECTIVES

1. Recognize the signs of burnout
2. Understand the causes of burnout
3. Develop coping strategies and self-care practices
4. Enhance resilience skills

## ★ Symptoms of Burnout

- Physically drained
- Feeling overloaded, overworked
- Skipping out on social activities
- Sleep problems
- Waking up tired
- Dreaming about work
- Missing deadlines
- ★ Little or no motivation to go to work
- ★ Loss of enthusiasm and pleasure
- ★ Loss of concentration
- ★ Quality of work inconsistent and declining
- ★ Missing deadlines
- ★ Disengaged
- ★ Think often about quitting

## ★ The Window of Tolerance

- **Hyperarousal:**
  - Feeling overwhelmed, anxious, or out of control.
  - Experiencing the urge to fight or argue
  - Wanting to run away/hide.
- **Dysregulation:**
  - Feelings of frustration and agitation increase
  - Urges to explode or isolate
  - Uncomfortable, but still in control
- **Window of Tolerance**
  - Feeling present, regulated, and safe
  - Feeling in control
  - Life feels manageable

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- **Dysregulation:**
  - Increasingly unmotivated or lethargic
  - Close to shutting down or zoning out
  - Uncomfortable, but still in control
- **Hypoarousal:**
  - Feeling physically numb or frozen
  - Disconnected or zoned out
  - Dissociation/detachment from self

## ★ **Help Now! Skills- adapted from the Trauma Resource Institute**

1. Drink a glass of water or juice
2. If you are outside touch the surface of something in nature
3. Look around the space where you are; pay attention to anything that catches your eye
4. Name six colors you see in the space you are in
5. If you are inside, notice the furniture and touch the surface
6. Count backward from 20 as you walk around the room
7. Notice the temperature of the space-is it cold, warm, hot, or just right?
8. Notice the sounds within the space-inside or outside
9. Walk and pay attention to the movement in your arms and legs and how your feet make contact with the ground
10. Push your hands against the wall or door slowly and notice your muscles pushing.

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## ★ Building Resilience <https://www.apa.org/topics/resilience/building-your-resilience>

- **Build Connections**
  - Prioritize relationships
  - Join a group
- **Foster Wellness**
  - Take care of your body
  - Practice mindfulness
  - Avoid negative outlets
- **Find Purpose**
  - Help others
  - Be proactive
  - Move toward goals
  - Find opportunities for self-discovery
- **Embrace Healthy Thoughts**
  - Keep things in perspective
  - Accept change
  - Maintain a hopeful outlook
  - Learn from your past
- **Seek Help**

## ★ FREE RESOURCES

- iChill App: <https://www.traumaresourceinstitute.com/ichill>
- Substance Abuse and Mental Health Services Administration's Guide to Wellness:
  - <https://store.samhsa.gov/product/creating-healthier-life-step-step-guide-wellness/sma16-4958>