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Mental Health Matters

STOP Burnout and Move Forward in Healing

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Picture of winding road through forest

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Objectives

What happens to our bodies when we experience stress

Understand burnout and its causes

Learn practical strategies for dealing with burnout

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Graph

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Getting to know you

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So...What does that information tell us about stress??

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Remember

1. Everyone is dealing with stressors in their job
2. Everyone is experiencing more than just these one or two stressors
3. Stress is not something that can be avoided when working with certain groups of people or in certain fields.
4. You are not alone with your exposure to stress.

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COMPASSION FATIGUE

"Compassion fatigue happens when you become any combination of mentally, emotionally, or physically exhausted from doing compassionate work. Caregivers of all sorts are at high risk for compassion fatigue."--Babette Rothschild

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Do you:

- Push aside your own feelings to prioritize the feelings of others
- Isolate and not seek support

- Skip meals
- Neglect hydration
- Reduce or avoid breaks
- Postpone normal time off such as weekends and holidays
- Feel guilty about taking any time away for yourself
- Work beyond the hours you are actually paid for (in your employment)
- Delay or stop taking vacation time

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Types of Self Care:

- Physical
- Mental
- Emotional
- Spiritual
- Social
- Workplace
- Financial

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Put Your Own Oxygen Mask On First!

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BURNOUT

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"Burnout occurs when inadequate self-care--from any combination of risk factors--becomes so extreme that your ability to function normally becomes severely compromised.... Think of burnout as a potential anytime someone is overloaded with responsibility to the point of mental and physical collapse."--Babette Rothschild

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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

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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

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

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Hyperarousal

Things you might do:

- Emotional Outbursts
- Breaking things
- Name calling
- Fighting
- Lack of concentration
- Memory problems
- Freeze (Deer in the headlights)
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- Things you might feel:
- Anger/agitation
- Fear
- Anxiety/Panic
- Overwhelmed
- Sweat
- Insomnia
- Tense
- Hot flashes

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Hypoarousal

Things you might do:

- Stare into space
- Cancel plans
- Hide away
- Struggle to keep up in conversations
- Substance abuse/misuse
- Binge eat
- Lack of concentration
- Ignore texts and phone calls

Things you might feel:

- Depression
- Numbness
- Emptiness
- Frozen
- Disconnected
- Dissociation

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"Burnout occurs when inadequate self-care--from any combination of risk factors--becomes so extreme that your ability to function normally becomes severely compromised."

--Babette Rothschild

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Window of tolerance

How do you feel?

- Balanced and calm
- Relaxed and in control

- Able to take on challenges

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Window of Tolerance

Things that Shrink Your Window

- Poor sleep
- Physical illness
- Anxiety
- Trauma
- Poor nutrition
- Stress
- Grief
- Rejection

Things that expand your window

- Gratitude
- Mindfulness
- Grounding exercises
- Self-care
- Movement

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Help Now! Skills

- Drink a glass of water, juice, or tea
- Look around the room (or wherever you are), paying attention to anything that catches your eye
- Push your hands against the wall or door slowly and notice your muscles pushing
- Walk and pay attention to the movement in your arms and legs and how your feet are making contact with the ground
- Count backwards from 20 as you walk around the room
- Name 6 colors you see in the room or outdoors
- If you're inside, notice the furniture. Touch the surface and notice if it's hard, soft, rough, ridged, etc.
- Notice the sounds within the room and/or outside
- Notice the temperature in the room

FOCUS ON SENSATIONS

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Wellness Wheel

Physical

Emotional

Spiritual

Intellectual

Environmental

Social

Financial

Occupational

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Tips to Expand Your Window

- Color
- Cook your favorite meal
- Make a cup of tea
- Eat regularly
- Stay hydrated
- Brush your teeth
- Gratitude list
- Write in a journal
- Breathing exercises
- Go to therapy
- Eat three meals a day
- 7-9 hours of sleep daily
- Meditation
- Make your bed
- Read
- Spend time with family
- Say 5 things you love about yourself
- Move your body in a way that feels good for you

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Picture of winding road through forest

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