

"It's your reaction to adversity, not adversity itself that determines how your life's story will develop."
Dieter F. Uchtdorf



Healthy and Happy You

Building your capacity to thrive

KEY TAKEAWAYS

Master Class July: **Beating the Burnout**

Thank you for joining the Masterclass and taking the bold steps towards positively contributing towards your self-care. Here are some salient points from class one on Beating Burnout.

What is Burnout?

- Medical professionals say that burnout is a psychological state of physical and emotional exhaustion thought to be induced by work-related stress.
- Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when we feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, we begin to lose the interest and motivation that led us to take on a certain role in the first place.
- Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, we may feel like we have nothing more to give. The negative effects of burnout spill over into every area of life-including home, work, and social life.
- Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it's important to deal with burnout as soon as possible.
- When stress is managed, we are bound to be less burnt out.
- As the stress increases it's time to learn a new way to look after ourselves. This is where MINDFULNESS comes into play.
- It's important for us to note that not all stress is bad - however stress can have a negative impact on our bodies, and we need to understand the significance of higher stress levels.
- In small doses, stress can be a good thing. It can give us the push we need to do our best and to stay focused and alert. However, when the going gets too tough and life's demands exceed our ability to cope, stress becomes a threat to both our physical and emotional wellbeing.
- When stress overwhelms our coping resources, our bodies and minds suffer, and our ability to function optimally is affected. When we find an event stressful, our bodies undergo a series of changes, called the stress response.

There are three stages to this response.

STAGE 1 - Mobilizing Energy. At first, our bodies release adrenaline, our hearts beat faster, we start to breathe more quickly, our palms become sweaty, and our mouths become dry. Both good and bad events can start this reaction.

STAGE 2 - Consuming Energy Stores. If, for some reason, we do not escape from the first stage, our bodies begin to release stored sugars and fats from its resources. At this stage, we feel driven, pressured and tired. In this second stage our levels of immunity are decreased.

STAGE 3 - Draining Energy Stores. If we do not resolve our stress problems, the body's need for energy will become greater than its ability to produce it, and we will become chronically stressed. At this stage, one may experience sleep problems, errors in judgement, and personality changes such feelings that you don't know or understand yourself. In addition, general feelings of unhappiness, low self-worth, self-value and negative thinking might become apparent.



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“Burnout is what happens when you try to avoid being human for too long.”
Michael Gungor

KEY TAKEAWAYS

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There are distinctions between burnout and stress:

Stress

- Burnout may be the result of unrelenting stress, but it isn't the same as too much stress.
- Stress involves having to deal with too much: too many pressures that demand too much physically and mentally.
- Despite the pressures, stressed people can still imagine that if they can just get everything under control, they will feel better and everything will be okay.

Burnout

- Burnout, on the other hand, is about not enough.
- Being burnt out means feeling empty and mentally exhausted, devoid of motivation, and beyond caring.
- People experiencing burnout often don't see any hope of positive change in their situations.
- Whilst excessive stress feels like you're drowning in responsibilities, burnout is a sense of being all dried up. We are usually aware of being under a lot of stress but with may miss the signs, we don't always notice burnout when it happens.

There are distinctions between burnout and stress:

REJUVENATE - Even though it may be the last thing you feel like doing when you're burned out, exercise is a powerful antidote to stress and burnout. It's also something you can do right now to boost your mood.

Aim to exercise for 30 minutes or more per day or break that up into short, 10-minute bursts of activity.

REACH OUT - Create connecting with others in any way possible. Our support systems matter most in times of struggle.

REFRAME - Try to find some value in your work. Focus on aspects of the job that you do enjoy, even if it's something as simple as connecting with your co-workers. Reframing our perception can help us regain a sense of purpose and control.

REEVALUATE - Burnout is an undeniable sign that something important in your life is not working. Take time to think about your hopes, goals, and dreams. Are you neglecting something that is truly important to you? This can be an opportunity to rediscover what really makes you happy and to slow down and give yourself time to rest, reflect, and heal.



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