

Pondering Point

To be able to truthfully answer the questions to the right, we need to shed some light on what burnout really is and what sets it apart from every day stress. Think of it this way, **stress** is having too much of something; too much on your plate, too many work demands, going too far beyond someone's comfort level, etc. It can leave a person saying, "If I can just get it under control everything will be fine." The over engagement of stress can take a toll on a person physically.

Burnout is when we seem to have too little; too little motivation, too little recognition and appreciation, too little stimulation. Those feelings can leave a person saying, "It doesn't matter. It never gets any better anyway." This detached feeling can certainly wreak havoc on our emotional well-being. By recognizing the signs and symptoms of constant stress and with the use of simple stress management strategies in its early stages, we are able to break the cycle that leads to burnout. **This will allow us to regain our balance and start each new day looking forward with hope.**

Are you BURNT out?

How do you know you're not just stressed?

Imagine... finding the strength and resilience needed to deal with all areas of life — within yourself.

— From Pondering to Practice —

Self Reflection Assessment

There are a lot of very easy and healthy ways to avoid burnout and to live a more balanced life. The first step is to be able to identify your feelings and where they are coming from. Take a minute to ponder these reflective questions to help get you to the root of the problem.

*What is causing you to feel burnt out?
What do you feel you are not getting enough of?
What can you do to seek out that missing piece and fill it?
How can you go outside of the situation to find a solution?*

Finally, answer this question: *What can you control and what can't you control?*

Often times we put pressure on ourselves to change what we cannot. It's important that we only spend our energy on those things which we have some control over and may have a shot at bettering.

"The road to emotional resilience is covered with signs. Read them or you could find yourself stuck in an emotional ditch!"

— Jennifer Von Behren

Activity

If you begin to feel the signs of burnout, it is important that you not cover up those signs – recognize and accept them! Then think about what you can do to change the situation. Here are a few of these simple stress management strategies we'd like to offer as food for thought.

Be assertive – ask others for what you need
Maybe getting what you need is as simple as asking the right person for it.

Try something new – break the monotony
If you feel stuck in a rut, try mixing up your daily routine.

Nourish your interests
Make time for your hobbies and remember what brings you joy.

Cultivate Creativity
Idle hands make for idle minds – keep your mind active by putting your hands to work on a fun, creative project.

Celebrate YOU!
Take some time out of every day to recognize who you are and what you have accomplished.