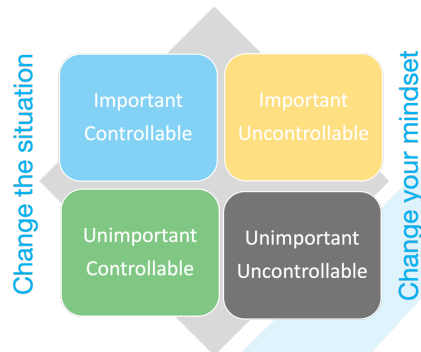


M2 Moving From Burnout to Balance

RECOGNIZE SIGNS AND SYMPTOMS

Physical	tired, drained, sickness, physical pains
Emotional	helplessness, self-doubt, loss of motivation and satisfaction, detached
Behavioral	short tempered, unhealthy soothing practices, leave early-arrive late

FIND PLACES OF AGENCY



STEP 1. Note sources of your stress or overwhelm. Bringing awareness to the previously unnamed or unknown can in and of itself be helpful.

STEP 2. Place each item on your list into the appropriate descriptor

STEP 3. Notice where each item resides.

- If the items are in the “Important Controllable” portion of the grid, how might you create small manageable change to minimize potential burnout?
- How will you most skillfully navigate the “Unimportant/Controllable” items?
- Look at the items in the “Uncontrollable” areas. How might you change your response or mindset toward these items?
- If something is “Unimportant and Uncontrollable” how much of your life energy is being devoted there?

EXAMINE PERSONAL PATTERNS OF THOUGHT AND BEHAVIOR

What am I giving attention to? Where attention goes, energy flows.

5 R'S OF RECOVERY

- **Recognize** – mindful awareness
- **Reverse** – meditation, yoga, nature walks, self-care
- **Resilience** – find support, schedule breaks, fill tanks, sleep hygiene
- **Reframe** – expectations, experiences
- **Reevaluate** – what is the most important thing, personal priorities, values

PRACTICE EQUANIMITY

Nothing is personal, permanent, or perfect. Practice letting go, non-attachment.

LESS IS MORE

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