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Coming Back from Burnout & Understanding Vulnerability

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Agenda

WE ARE GOING TO GET REFRESHED, TOGETHER!

DEFINE BURNOUT

DEFINE VULNERABILITY

THINK ABOUT YOUR STORY

REVIEW WELLNESS TIPS

QUESTIONS



Need to Refresh?

Press Here

Refreshed:
reinvigorated,
invigorated,
rested, revived,
regenerated,
restored, brush
up, freshen,
new, reboot



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A Self-Refresh Takes Time

GIVE YOURSELF GRACE
GIVE YOURSELF TIME
GIVE YOURSELF PATIENCE
GIVE YOURSELF RENEWED ENERGY

**YOU'VE
GOT THIS**

What is the difference between burnout and stress?

Burnout is an extended period of **stress** that feels as though it cannot be made better. If stress is short-lived or tied to a specific goal, it is most likely not harmful. If the stress feels never-ending and comes with feelings of emptiness, apathy, and hopelessness, it may be indicative of burnout.

<https://www.psychologytoday.com/us/basics/burnout>

The logo for 'unbottled.' is located in the bottom right corner. It features the word 'unbottled.' in a white, lowercase, sans-serif font, with a period at the end. The text is set against a curved background that transitions from orange on the left to purple on the right.

ATTENTION:

DUE TO THE CURRENT
WORK LOAD,

THE LIGHT

AT THE END
OF THE TUNNEL
HAS BEEN

SWITCHED OFF.

Vulnerability

The quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally.

-Oxford Dictionary

Authentic, honest with yourself, giving yourself grace, giving yourself time, telling others what you need, set boundaries

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never be ashamed to say,
"i'm worn out. i've had
enough. i need some time
for myself."

that isn't being selfish.
that isn't being weak.

that's being human.

/ topher. kearby



What are the key elements to becoming refreshed?

Telling Your Story

Wellness

Exercise & Breathing

Eating healthy

Sleep

Play

Positive affirmations &
Gratitude

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What is the story you tell about yourself?

WORK
FAMILY
FRIENDSHIPS
HEALTH

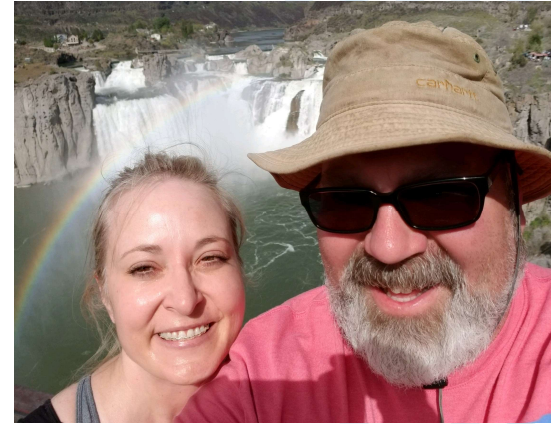
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Your Story

What is most important to you?

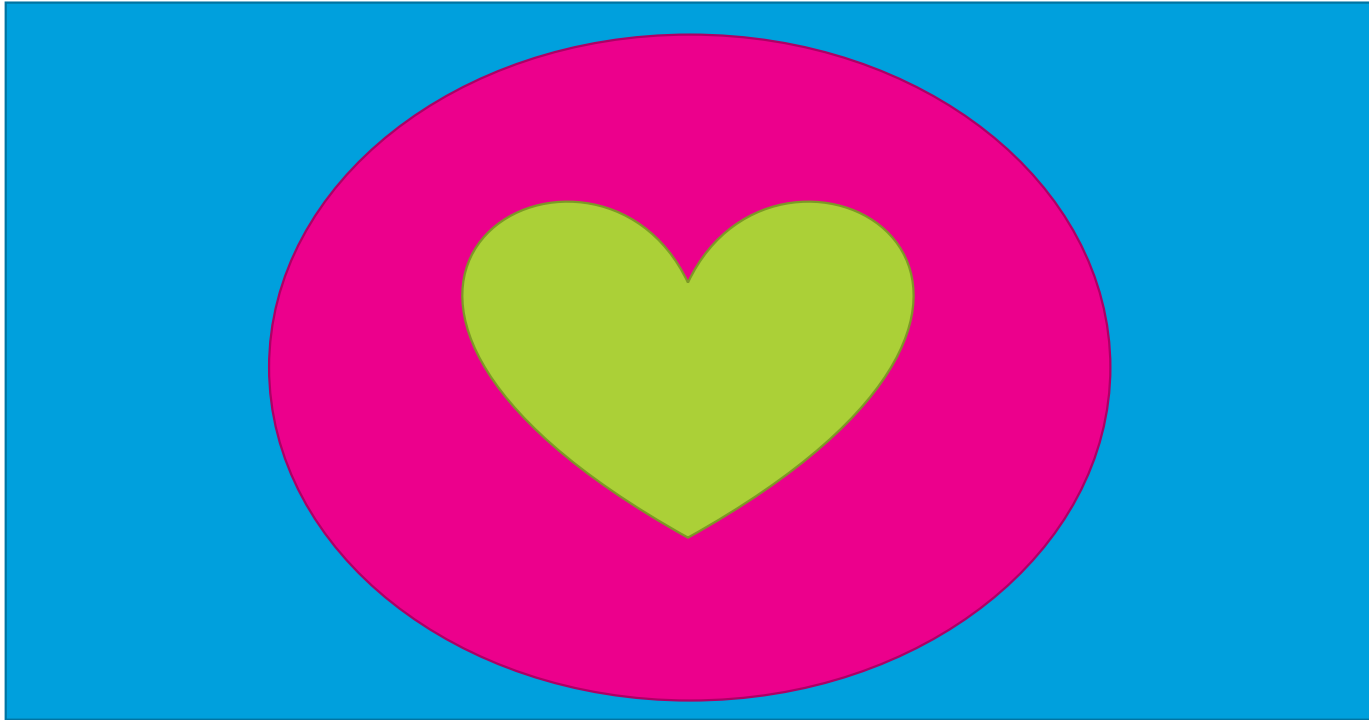
“The life of every man is a diary in which he means to write one story and writes another; and his humblest hour is when he compares the volume as it is with what he vowed to make it.”

-James M. Barrie



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The Circle of Relationships





Wellness

Exercise & Breathing

Eating healthy

Sleep

Play

Positive Affirmations &
Gratitude

Letting Go of Bad Habits

Focus on What Brings You Joy

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Breathing & Exercise

"...what we do today, right now, will have an accumulated effect on all our tomorrow's."

~Alexandria Stoddard



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If by “crunches” you mean the sound potato chips make when you chew them, then yes, I do crunches.

Eating Healthy

What does
eating
healthy
look like
for you?



Sleep

We need 7-9 hours of sleep a night.

What do I need to make this happen?



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Play

Play is essential
to our brain,
imagination, and
our soul.

What activities
feel like play to
you?



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Positive Affirmations & Gratitude

Saying and writing down positive thoughts improves stress, self-esteem, and overall thinking.

Saying and writing down what we are grateful for keeps us focused on what we do have and not what we don't have.

What do you want to be saying and writing?



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Let Go of Bad Habits

Comparing yourself to others

Saying negative things about yourself

Stop judging others

Rewarding yourself with unhealthy choices

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What brings you joy?

Yoga

Being Creative

Complimenting Others

Smiling

Book Club

A Cup of Coffee

Spending time with others

Spending time alone

Dancing

Gardening

Paddleboarding

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What will help you?

**Vision
Board**

**Music
Playlist**

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Things that can be equally true:

.....

You are resilient	and	need a break
You gave your all	and	need to back out
You are independent	and	still need others
You were sure	and	things changed
You are kind	and	have boundaries
Others have it worse	and	your pain is valid
You did your best	and	now you know more

@findyourshinetherapy

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Questions

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*Greatness
HAS
No Limits*