



Coming Back from Burnout & Understanding Vulnerability

Brought you by: Dairy West
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Need to Refresh?

Press Here

A self-refresh takes time. Give yourself grace, time, and patience to find renewed energy.

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>

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

-Oxford Dictionary

What are the key elements to becoming refreshed?

Telling Your Story

Wellness

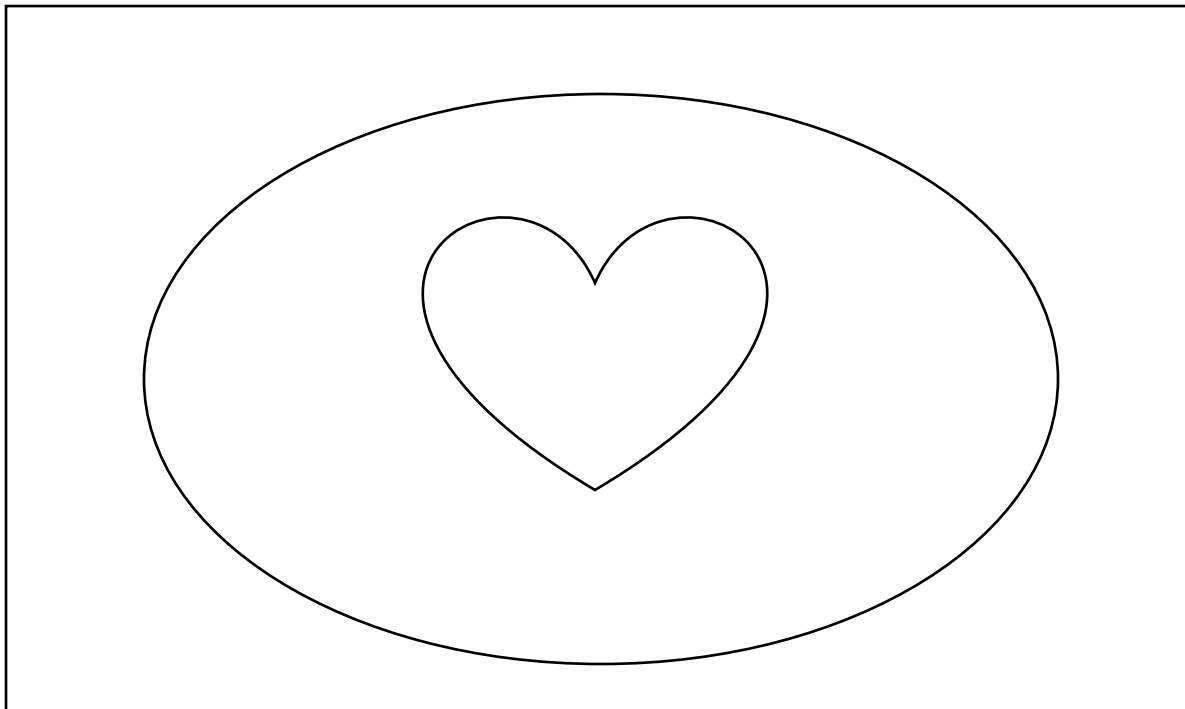
Exercise & Breathing, Eating Healthy, Sleep, Play, Positive Affirmations & Gratitude, Letting Bad Habits Go, and Focusing on What Brings You Joy.



Tell Your Story

<p>What is your story about work?</p> <p>What would you like to change?</p>	<p>What is your story about your family?</p> <p>What would you like to change?</p>
<p>What is your story about your friendships?</p> <p>What would you like to change?</p>	<p>What is your story about your health?</p> <p>What would you like to change?</p>

The Circle of Relationships



Let's Talk Wellness.

Today's journey is about where you are today. Think about this as a springboard for a more balanced you.

Use the section below to write your wellness intentions:

Breathing & Exercise –

Eating Healthy –

Sleep –

Play –

Positive Affirmations & Gratitude –

Let Go of Bad Habits -

What brings you joy? -

What tools will you create to help you? -



Healthy 1-Serving Snack or Small Meal Ideas

YOAT Overnight Bowls

The night before eating place the following ingredients in a small bowl or jar:

½ cup oats, regular or quick

½ cup 1% milk

¾ cup nonfat Greek yogurt, plain or flavored

Cover and place in the refrigerator overnight.

The next morning, choose your individual or themed mix-ins:

1 scoop protein powder, complimentary flavor with yogurt flavor

½ tsp cocoa powder

1 Tbsp no sugar or low sugar chocolate chips

2 Tbsp nuts or seeds, your choice

1/8 tsp cinnamon, pumpkin pie spice, or apple pie spice

½ package of instant coffee

¼ - ½ cup fruit

Themed mix-ins:

Carrot Cake: 1 Tbsp honey, ¼ cup shredded carrots, 2 Tbsp softened cream cheese, 2 Tbsp raisins, ½ tsp cinnamon

Coconut Chocolate (use vanilla yogurt the night before): 1 Tbsp honey, 1 Tbsp unsweetened cocoa powder, 2Tbsp unsweetened coconut flakes

Strawberry Cheesecake (use vanilla yogurt the night before): ¼ cup diced strawberries, 2 Tbsp softened cream cheese, ¼ tsp vanilla

Banana Sushi Roll

Spread a thin layer of almond butter on a whole wheat tortilla. Top with a thin layer of vanilla Greek yogurt. Place the banana in the tortilla and roll. Cut into 1" pieces.

Berry Toast

Toast 1-2 slices of whole wheat bread. Spread with light cream cheese. Top with any combination of diced strawberries, blackberries, raspberries, and blueberries. Sprinkle with chopped basil.

Everything Cottage Cheese

Place ½ cup low-fat cottage cheese in a bowl. Sprinkle with 1 tsp everything but the bagel seasoning. Enjoy with crackers.

Summer Caprese Salad

Place 12 halved grape tomatoes in a bowl. Toss with 6 quartered mozzarella balls and 2 Tbsp chopped basil. Drizzle with balsamic glaze to taste.

