

As We Countdown to the End of the School Year

Don't Forget to Take Care of Yourself

Burnout Recovery: 11 Strategies to Help You Reset

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Your brain and body can only handle feeling overworked and overwhelmed for so long. If you consistently experience high levels of stress without taking steps to manage or reduce it, exhaustion eventually takes over — leaving you emotionally and physically burned out. You may begin to feel less motivated since it seems like nothing you do matters. Since burnout happens gradually, you might not notice symptoms immediately. But once it takes hold, it can affect your ability to function across all aspects of life.

Recognize the signs

Key signs of burnout include:

- forgetfulness and difficulty concentrating
- diminished pride in your work
- losing sight of yourself and your goals
- difficulty maintaining relationships and being present with loved ones
- frustration and irritability with co-workers
- unexplained muscle tension, pain, fatigue, and insomnia

Estimates suggest anywhere between 4 and 7 percent of the working public may experience burnout, though workers in certain fields, such as healthcare, tend to experience burnout at much higher rates.

Burnout can have a far-reaching impact, often:

- negatively affecting work performance
- keeping you from enjoying hobbies and time with family, or relaxing outside of work
- increasing risk for health concerns, including cardiovascular diseases, type 2 diabetes, depression, and suicide

Taking action to address burnout is essential, since it generally only gets worse. The next 10 steps can help you get started on the road to recovery.

1. Find the source
2. Identify immediate changes you can make
3. Talk to people you trust
4. Examine your options
5. Take back control
6. Set boundaries
7. Practice self-compassion
8. Pay attention to your needs
9. Remember what makes you happy
10. Talk to a therapist

To learn more about these steps, read the full article at: <https://www.healthline.com/health/mental-health/burnout-recovery#signs>

Humana.

Need to talk with someone?

Omaha Public Schools provides all employees 5 free sessions with a Counselor through Humana's Employee Assistance Program.

Phone: 866-440-6556

Self-Compassion

According to Dr. Kristin Neff, with "self-compassion", we treat ourselves with care and kindness, same as how we treat our good friends.



Be Friend to Yourself



- 1) Notice when you are kind to friends but harsh on yourself
- 2) Recall what you would say or do to your friends who suffer
- 3) Use the same words and tone to treat yourself while you face the same

Practise Mindfulness Exercise



- 1) Recall a stressful situation
- 2) Focus on your discomfort sensation inside your body
- 3) Simply observe your thoughts and feelings. Tell yourself:
 - a) "This hurts." / "This is stressful."
 - b) "I'm not alone."
 - c) "May I be kind to myself."

Notice Your Self-critic



- 1) Notice when you are being self-critical, e.g., "I am useless." / "I am so stupid."
- 2) Soften the self-critical voice: "I know this is a difficult time for you and it makes you feel discomforted."
- 3) Narrate your discomfort with a friendly and positive tone
 - a) "I'm here for you."
 - b) "May I give myself the compassion that I need."

Set a Regular Self-care Routine



- 1) Get more sleep
- 2) Eat well for your body
- 3) Do exercise / Yoga
- 4) Log off social media
- 5) Set and keep boundaries

Hug Yourself Warmly



- 1) When you notice you're under stress, take deep breath
- 2) Place your hand gently over your heart and feel warmth
- 3) Cradle your face in your hands
- 4) Cross your arms and give a gentle squeeze