

Self-Care and Burnout

Leadership Training 2019-2020

"The natural consequent behaviors and emotions resulting from knowing about a traumatic event experienced by a significant other—the stress resulting from helping or wanting to help a traumatized or suffering person." (Figley, 1995)

What is burnout?

"a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands."

- Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.
- Most of us have days when we feel bored, overloaded, or unappreciated, when dragging ourselves out of bed requires the determination of Hercules. If you feel like this most of the time, however, you may have burnout.

3 Risk Factors for Vicarious Traumatization

1. Exposure to the stories or images of multiple victims.
2. Your empathetic sensitivity to their suffering.
3. Any unresolved emotional issues that related to the suffering seen.

Symptoms of Burnout

- Exhaustion
- Increased absenteeism
- Cynicism
- Detachment from work
- Feeling ineffective on the job
- Depression
- Physical ailments
- Isolation
- Poor sleeping and eating habits
- Increased reliance on alcohol, caffeine, or cigarettes

Combating Burnout

- Eat well.
- Exercise regularly.
- Learn to relax.
- Find time to be alone.
- Connect with friends and loved ones.
- Pursue hobbies.
- Maintain a balance between work and life

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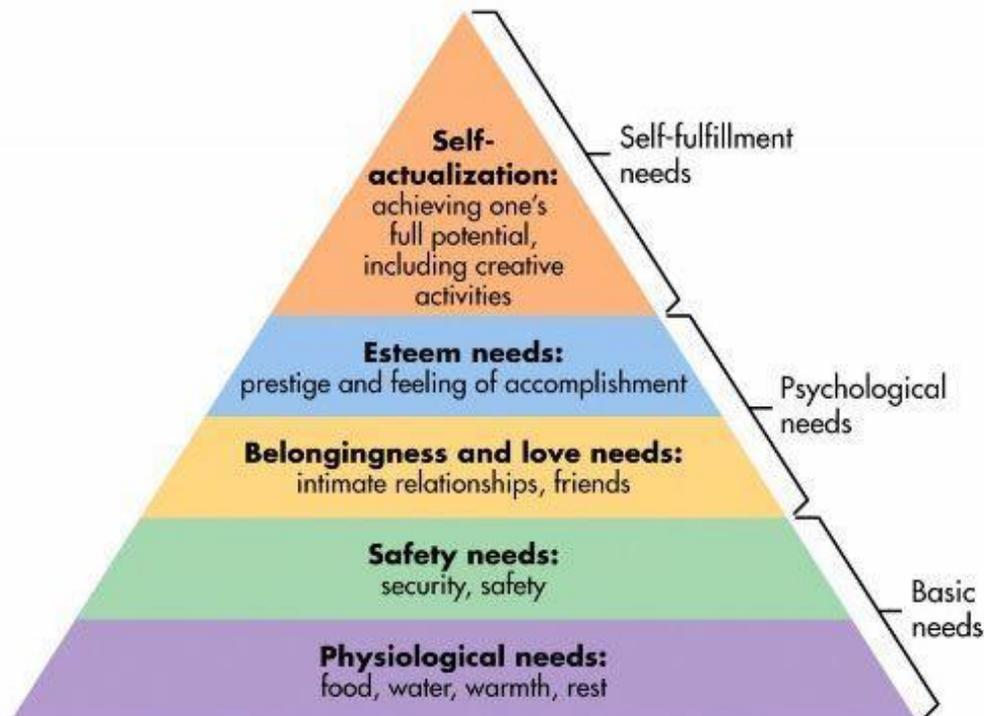
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Stress vs. Burnout

Stress	Burnout
Characterized by over-engagement	Characterized by disengagement
Emotions are over-reactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness and hopelessness
Loss of energy	Loss of motivation, ideals, and hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional
May kill you prematurely	May make life seem not worth living

<http://www.helpguide.org/articles/stress/preventing-burnout.htm>

Maslow's Hierarchy of Needs



You are a far less effective helper of others when you are not taking care of yourself. Good teamwork means encouraging each other to manage stress. (Deborah J. DeWolfe, Ph.D., 1996)