

Burnout Avoidance & Self Care



It's important for all of us to look after themselves as much or more than we care for their work or loved ones. WHY?

Because caring for others can lead to feeling tired, stressed, depressed and poor health. It doesn't help the person or business we care for if we aren't feeling well ourselves.

When we're tired, stressed, hungry or bad tempered, we can make mistakes and do things we wouldn't have done if we were feeling better.

Self Care involves:

- Having a positive influence in our lives
- Having a support network
- Developing Resilience
- Exercising 4 times per week – helps to deal with stress and keeps you fit
- Eating a healthy diet – stress uses up lots of nutrients
- Not drinking too much alcohol, smoking or using drugs – or too much coffee
- Getting help when you need it – especially if you feel overwhelmed and not coping
- Being organised, have regular routines and plan your day, including meal times
- Time out for YOU
- Relaxation –music, reading, have a bath, watch a funny video, deep breathing

General Food Guidelines

- Protein - Salmon, sardines, mackerel/mullet, tuna, Eggs, Tofu, Kangaroo
- Legumes: soy beans, lentils, kidney beans
- Vegetable Oils - Olive, sunflower, linseed/flaxseed, On salads
- Vegetables - All different colours – fresh as a salad or steamed not fried
- Fruit – Berries, Citrus, Figs
- Wholegrains - Brown Rice, Wholegrain bread,
- Drink Water, Herbal Tea, Mineral Water

AVOID: Fast food, processed food, fatty and sugary foods ie. Lollies, softdrink, fried food

How to Develop Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences. Developing resilience is a personal journey. People react differently to the same traumatic and stressful life events.

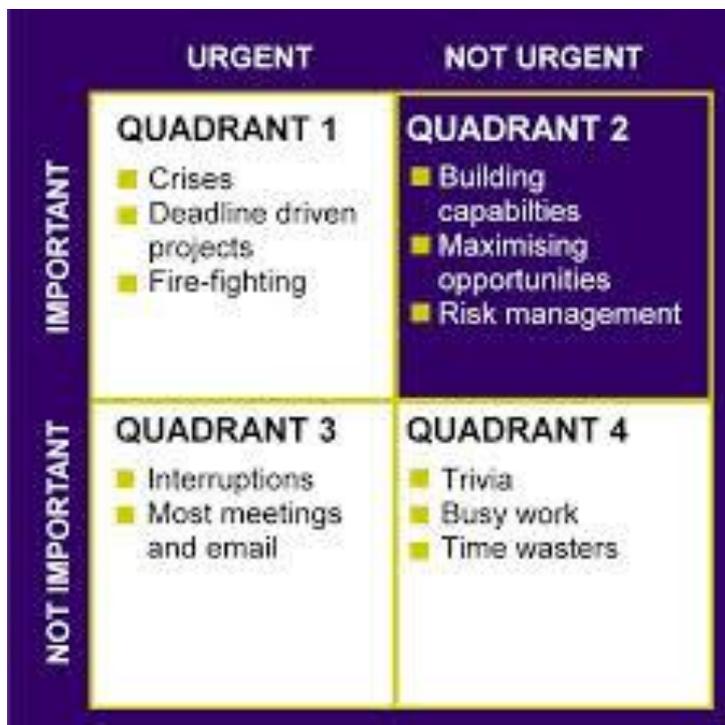
- Develop and nurture good relationships with supportive people who care about you.
- Avoid seeing crises as insurmountable problems, look for the positives, chunk problems down into smaller areas and work on them little by little. Ask for help/why do it alone?
- Accept that change is part of life, keep things in perspective, be flexible/open to change
- Take action, move towards your goals at a pace that enables coping
- Celebrate your wins, congratulate yourself and enjoy the positives
- Look for opportunities to develop your personality and self esteem
- Nurture a positive view of yourself and develop confidence in your ability

A mentor once told me I should never do any planning without planning my holidays and time out first. Once the holiday has been booked, then build the rest of my commitments around that time. Feels strange doesn't it? But when you're in the middle of a stressful period (and let's face it – stress is part of life), it's good to know relief is at hand.

If you always do what you've always done, You'll always get what you've always gotten! W. Clement Stone

This diagram is from Stephen Covey's – The 7 Habits of Highly Effective People. It demonstrates the different modes we operate in. Most of us operate in Quadrants 1, 3 and 4, most of the time. We are frequently jumping from doing trivial things that don't contribute towards our goals to being totally stressed out and needing to complete tasks under pressure – with less effect and at risk of error.

Plan to work most of the time in Quadrant 2. This is where magic happens and you feel in control.



Notes: