

How To Prevent Burnout

Thank you for coming to the session today. We hope you found it helpful, and we'd love to hear your feedback. This workshop summary has been designed to reflect on the topic and provide a summary of the key points.

This session discusses what it really takes to be positive, strong and motivated under stress in order to prevent burnout. Stress is universal – and it is a killer. To learn how to deal with it is not just advisable, it is vital. Getting stress out of your life takes knowledge, commitment and an action plan. When we ignore the signs and don't take action, this leads to burnout. Burnout is when there is nothing left in the tank - both the main tank and the reserve tank.

What Makes Us Resilient?

Neuroscience and Gene Mapping have confirmed what many of us have suspected all along – that some people are hardwired to be resilient and others are hardwired to experience the same situation as more stressful than others. However, research is also confirming that genetics only explains 30% of our variability. The rest is down to what we learn from our early years, and from dealing with the challenges which life throws our way.

The Brain

In the session we discussed two parts of the brain. These are:

The frontal lobe

This is the part of the brain considered to be calm, mature, analytical, strategic and the 'plan-ahead' brain. It is the known as the “adult”brain.

The amygdala

This is associated with being the impulsive part of the brain. Many sensory inputs converge in the amygdala to inform it of potential dangers in its environment. It is the “child” brain and is associated with fear = fight (aggression), flight (avoidance, procrastination) and freeze (brain stops). Think of early man in the Savannah in response to a lion attack: Fight = attack the lion with a spear. Flight = run away from the lion. Freeze = play dead and hope the lion goes away. Examples of the modern equivalent to this can be likened to divorce and redundancy.

Breakthrough

Success in any sphere of life is a function of having the internal “adult” look after the internal “child”. The 2 things any adult needs to do in order to look after a child properly is to give it:

LOVE and DISCIPLINE.

If we are attacked by “lions” often enough, or if the scar is deep enough, we can quickly get to a stage where we never relax. We are forever scanning the horizon for the next lion. In the modern world this can be likened to:

1. **Repeated scarring** – "I've had two bad boyfriends so all men are bad".
2. **Deep scarring** – Soldier back from the war and likens fireworks going off to the bombs he experienced.

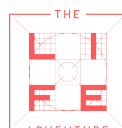
In both cases there is no discernment i.e. there is little or no communication between our adult and our child. This is what we call chronic stress - when we have adrenalin pumping through us and we become more aggressive. Or we go into avoidance, even when there is no immediate threat. In the short term this leads to arguments and bad moods. In the long-term it can lead to stress-related illnesses which are attributed to burnout and more, such as high blood pressure, heart attacks and strokes.

Practice- The Protocol For Acute Stress

- B = breathe
E = escape temporarily from the situation
N = new role model

3 Legs Of A Stool - Ask Yourself Everyday

1. What did I do for my body today?
e.g. What foods did you eat? What exercise did you do
2. What did I do for my mind today?
e.g. Intelligent learning, culture, mindful travel
3. What did I do for my soul today?
e.g. Take time out to do something you enjoy



Practice - Protocol For Chronic Stress - AIMS

A = Acceptance. If the situation is inevitable, accept it. This leads to more ease in your system.

I = Immersion. The only way to work is to get totally immersed in it.

M= Manage your performance levels. Work at 70% so you can move to 100% when really required.

S= Support. Make sure you get this from your team, your boss, your friends, your partner and your doctor (if/when required).

Read

Feel the Fear and Do It Anyway by Dr. Susan Jeffers

Emotional Agility by Dr. Susan David

Relentless by Tim Grover (please note this book is filled with lots of swear words. If you would prefer not to experience lots of swearing, please don't read this book)

The Anatomy of Peace by The Arbinger Institute

Watch

Touching The Void

Two young climbers set out to be the first to reach the summit of the Siula Grande in the Peruvian Andes. They succeed, and the two embark on the treacherous descent down the mountain, only to meet with disaster when Simpson breaks his leg in a fall, leaving Yates to lower him the rest of the way with ropes. When a storm threatens both their lives, Yates must decide whether to cut the rope and risk Simpson's likely death.

Life is Beautiful

Life is beautiful stands true provided one makes the truest effort to make it so. As easy as this sounds, it is often the hardest thing to do. This film portrays the ultimate test of strength and sacrifice a parent would make for his child against all odds.

Think

- ✦ The next time you're in a stressful situation, consider how can ease the pressure by trying out the BEN steps listed above. Keep using these each time you feel stressed and consider how it gets easier and more automatic the more you use them.
- ✦ How do you take care of yourself each day? Could you become more mindful of what you eat, how often you stand up, exercise an
- ✦ Who could your role model could be for the Ben protocol?

Browse

How Striving Is Costing Us Everything by Carrie Beddingfield

What happens when we escape the prison of high expectations and perfect personal performance? What happens when we are fueled by love and abundance instead of fear and scarcity? What happens when this is transferred to business? Carrie Beddingfield tells us how to create money and meaning in this TEDxSevenMileBeach talk.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MYHAQ_F07B0](https://www.youtube.com/watch?v=MYHAQ_F07B0)

How to make stress your friend by Kelly McGonigal

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

[HTTPS://WWW.TED.COM/TALKS/](https://www.ted.com/talks/)

[KELLY_MCGONIGAL_HOW_TO_MAKE_STRESS_YOUR_FRIEND](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

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