

Preventing Burnout In The Office



21st Century wisdom to change the way you live & work

What it really takes
to be positive, strong
and motivated in
order to prevent
burnout

The Body & Mind

what does it need to
function well
(and not burnout)?

There are 2 parts to the brain that we're interested in here:

1. **Frontal lobe** - most modern, sensible, analytical, thinks clearly. We call this the adult brain.
2. **Amygdala** - gets stressed, is impulsive, fight/flight/freeze early man on the savannah responses. We call this the child brain



We are adults, but inside we are still part a child.

So firstly, take a moment to consider the parent-child relationship. How do you behave towards your own inner child? Do you speak to yourself with the same kindness and do you nurture yourself as you would a child or your own children?

What do we need?

There are the 2 things an adult needs to do in order to look after a child properly. Give them both..

Love & Discipline

Love = I'm tired, I need to have a rest; I'll cook myself a proper meal

Discipline = don't take that third helping of dessert

In both cases there is a calm, reassuring awareness behind these actions which gives off a feeling that all is well.



1. What did I do for my BODY?

Ask yourself 3 questions at the
end of each day



1. How well did I eat?

2. How much did I exercise?

3. How well did I sleep

The 3 main
EMOTIONAL
components when it
comes to
NURTURING
YOUR BODY
(forget the physical aspects for
now)



1. Eat proper meals

Sit down, take the time to think about what you are eating and really enjoy your meal. This signifies to yourself that you matter. When you take the time to enjoy your meals and nurture yourself through food, it signifies that you matter, that you're worth it, that you're important.

1. **Eating** is *not* just about nutrition. It is about bringing love and solace to the child. Feeding touches on the most primal relationship we have between mother and child. When we feed ourselves well – and I mean well, with all the paraphernalia of cooking as opposed to fobbing ourselves off at the end of a long day with a bowl of cereal – we do more than give ourselves protein and carbs and vitamins: we give ourselves love.

2. Exercise

Give yourself the feeling of getting away from it all – give yourself a release from all the tension and stress. Do this by exercising – go for a run, fast walk, box, go to the gym, whack a squash ball, skip. Anything that works for you to release the tension you're accumulating. Your mind and your body will both thank you for it.

(cont)

Exercise is not just stamina and muscle but also serotonin. And more - a sense that you are caring for your body. That you are being disciplined. This triggers a better relationship between the child and the adult. The brain observes that the body is not hiding away in a cupboard and concludes that it couldn't possibly be stressed!

3. Sleep

When we sleep the brain restructures itself. It runs over all the events of the day and compartmentalises them and this is important. Consider it like filing in a library. We sleep in 1.5 hr cycles. At least an hour before you go to bed, no TV, no laptop, no phones if you can help it. Ideally have a bath or a shower which will help relax you & the drop of temperature when you step out, signifies to your body it's time for sleep. 8 hrs is ideal if you can manage it.

(cont)



Sleeping is far more important than we realise (even though many of us hear it said) – but also touches on the primal relationship with the mother

The discipline of not staying up late touches both aspects within you of the relationship between the adult and the child.

2. What did I do for my MIND?

How are you stretching your
mind outside of the workplace?

When we're young, at school and perhaps at university, we stretched our minds – we learned lots of new things all the time (we adapted to lots of subjects all the time). At university, it narrows slightly on subject matter. At work, we learn, but it narrows even more. So the brain begins to flag a little. Contrary to popular opinion, the brain likes to be tested, likes to be stretched. Exercising the brain outside of work is very beneficial.

How do you apply your brain to keep you sharp?

Examples:

1. Read (non-work related)

2. Games (chess etc, whatever appeals)

3. Apps

3. What did I do for my SOUL?

Do you have a good time?



Ask yourself: What did I do to nurture my soul today?

Make time to have a *good time!* You need to build in time for fun. See friends, let loose, go and see a movie, have a laugh, see a show together, go and have a picnic in the park – whatever works for YOU. You get an energy boost from this. But make sure it's quality time, don't just rush it and tick a box, make it indulgent, even if it's short – it's about the quality and essence of the experience. Do things well and this all leads back to nurturing yourself fully.



The WORKPLACE

3 key ways to prevent burnout



1. Don't Procrastinate

The hidden stress of this is huge and if you think you're not thinking about all the things you are putting off, you're kidding yourself! When you have a target or deadline, don't deviate from the path, get the job done. Your inner child will often try and sabotage you (the stone/sandwich story) so be aware of this. Consider the 'Touching the Void' story – break things down into manageable chunks if the task seems too big.



2. When you make a mistake, brush yourself down and move on

We all make mistakes. The best course of action for yourself is to dust yourself down and get back on the path.

There is a story about Clinton. He became known as the ‘Comeback King’ after an appalling speech. Instead of giving up because of all of his mistakes, he launched a comeback.



3. Why The Boss is important

A boss is like a parent. The best ones may be strict (necessary to get the job done) but they really look after their flock. They show their people love and compassion, but they also keep them in line. Both are requirements for a healthy, functioning relationship at work.

4. Have a Model Hero

A great idea is to have a ‘hero’ or someone you admire that you can refer to in stressful situations. When you’re about to react to something, step back, consider what X would do in that situation and reconsider your reaction to situations and your responses. It’s hugely powerful, so choose your hero wisely ;)

The END

thanks for watching, listening
and reading!



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