



Traveling Through



Uncharted Territory

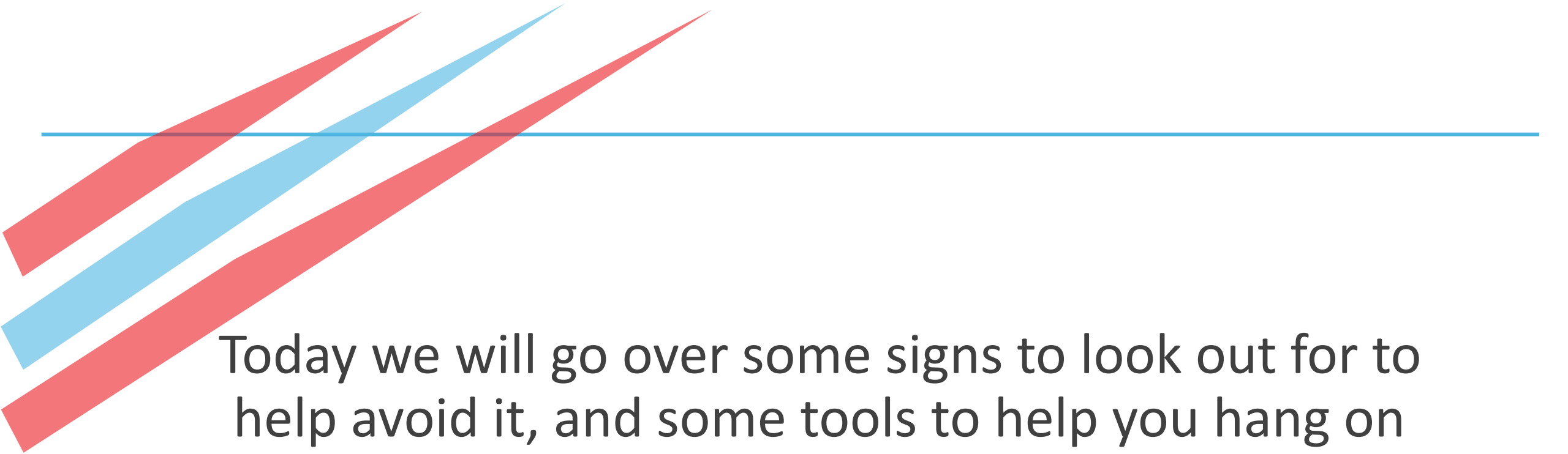
SWASFAA | TASFAA
Conference 2023



HANGING ON THROUGH THE TURBULENCE

HOW TO NAVIGATE AROUND WORK BURNOUT WITH SELF-CARE





Today we will go over some signs to look out for to help avoid it, and some tools to help you hang on when you have no choice but to go through it.



Join by Text Send [sophiamcgee929](#) to 22333

Have you ever experienced burnout on the job?

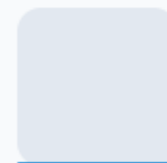
100%



(A)

Yes

0%



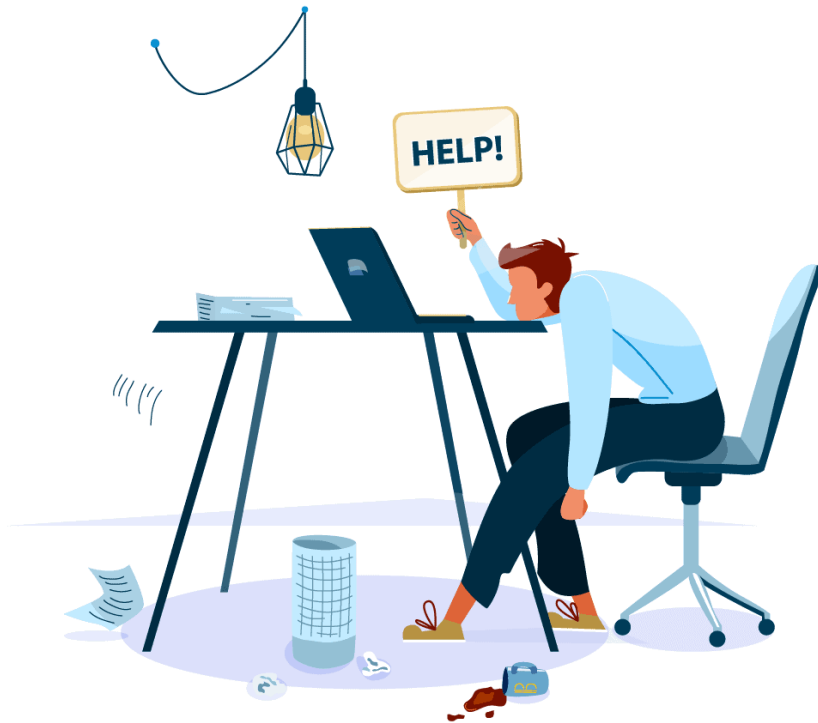
(B)

No

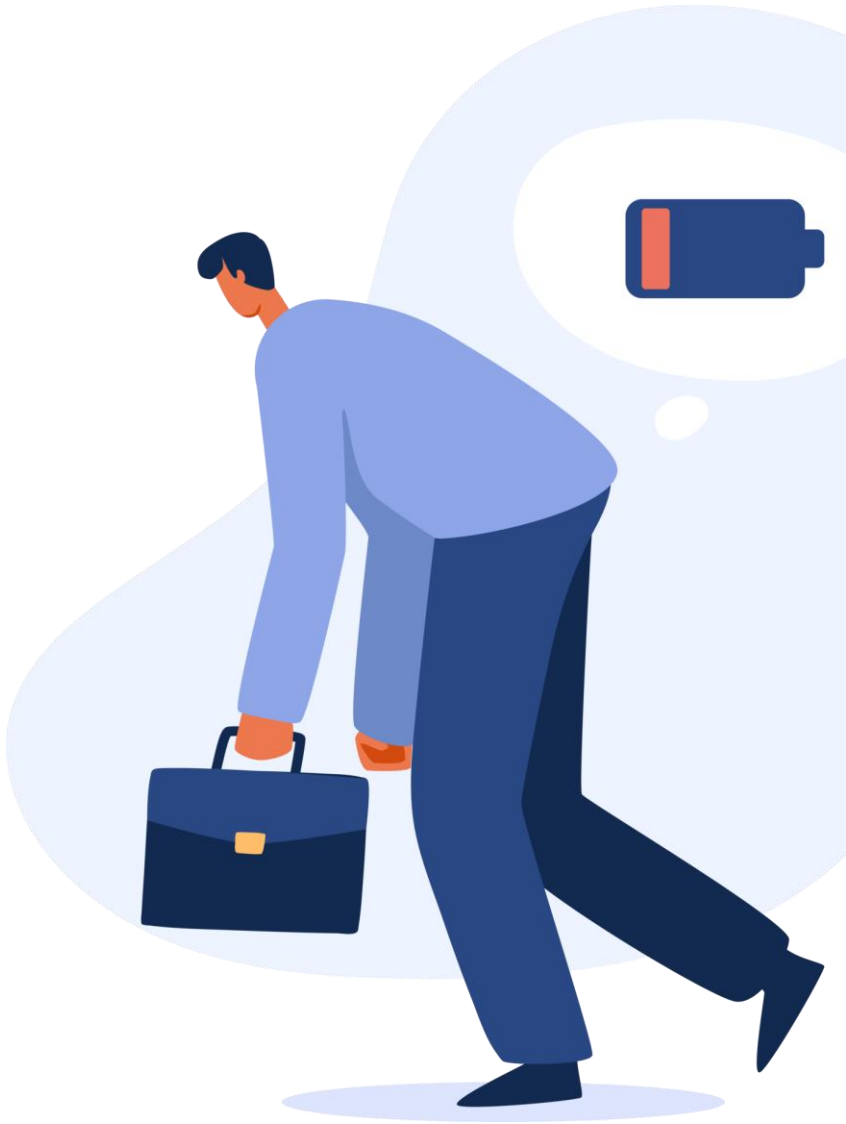
TURBULENCE

- Lack of control
- Unclear job expectations
- **Dysfunctional workplace dynamics**
- Unmanageable workloads
- Confusing work responsibilities
- Immense deadline pressure
- And much more...





A lack of balance or
integration causes
TURBULENCE, which can
lead to burnout.



TYPES OF BURNOUT

1. Overload

2. Under-Challenged

3. Neglect

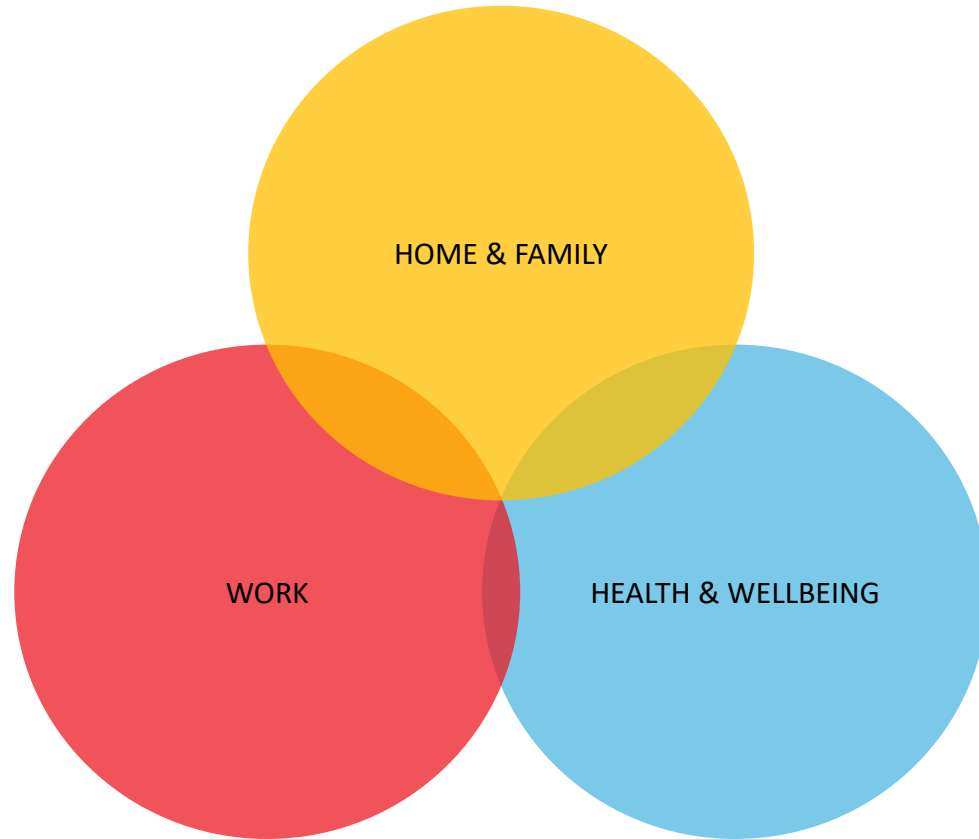


QUESTIONS TO ASK YOURSELF:

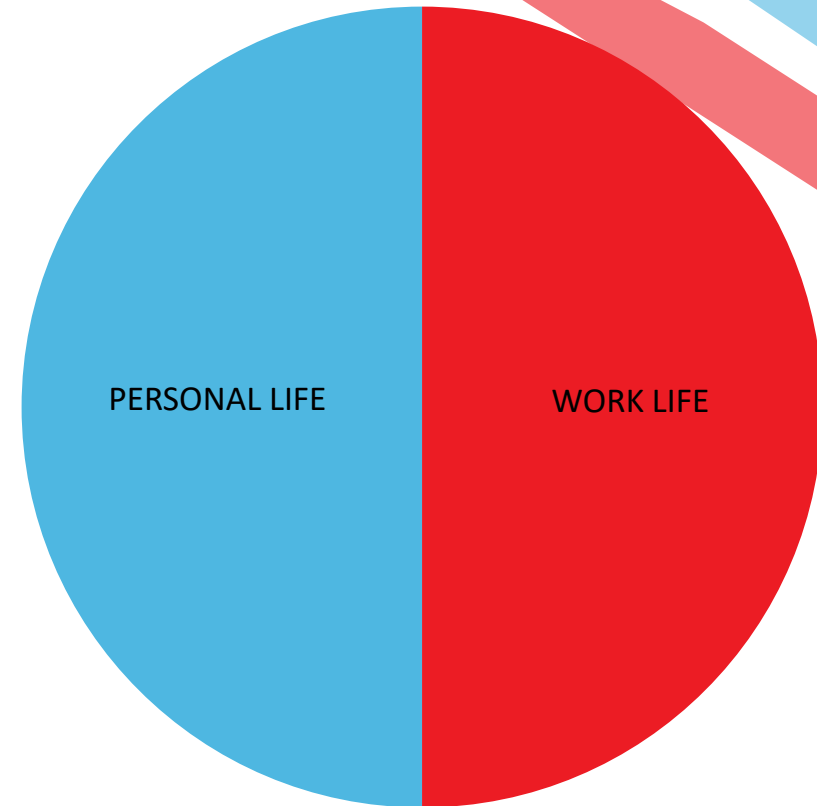
- How often do you check texts and emails for work when you are at home?
- Does your institutions culture send the message that you need to drop whatever personal plans you might have had and respond to urgent situations at work?
- Is work the last thing on your mind when you fall asleep at night?
- Have you noticed subtle changes in you physical health?
- How often do you feel guilty for taking time off or not working enough?
- How satisfied are you with your current work-life balance overall?

WORK- LIFE BALANCE & INTEGRATION

WORK-LIFE INTEGRATION



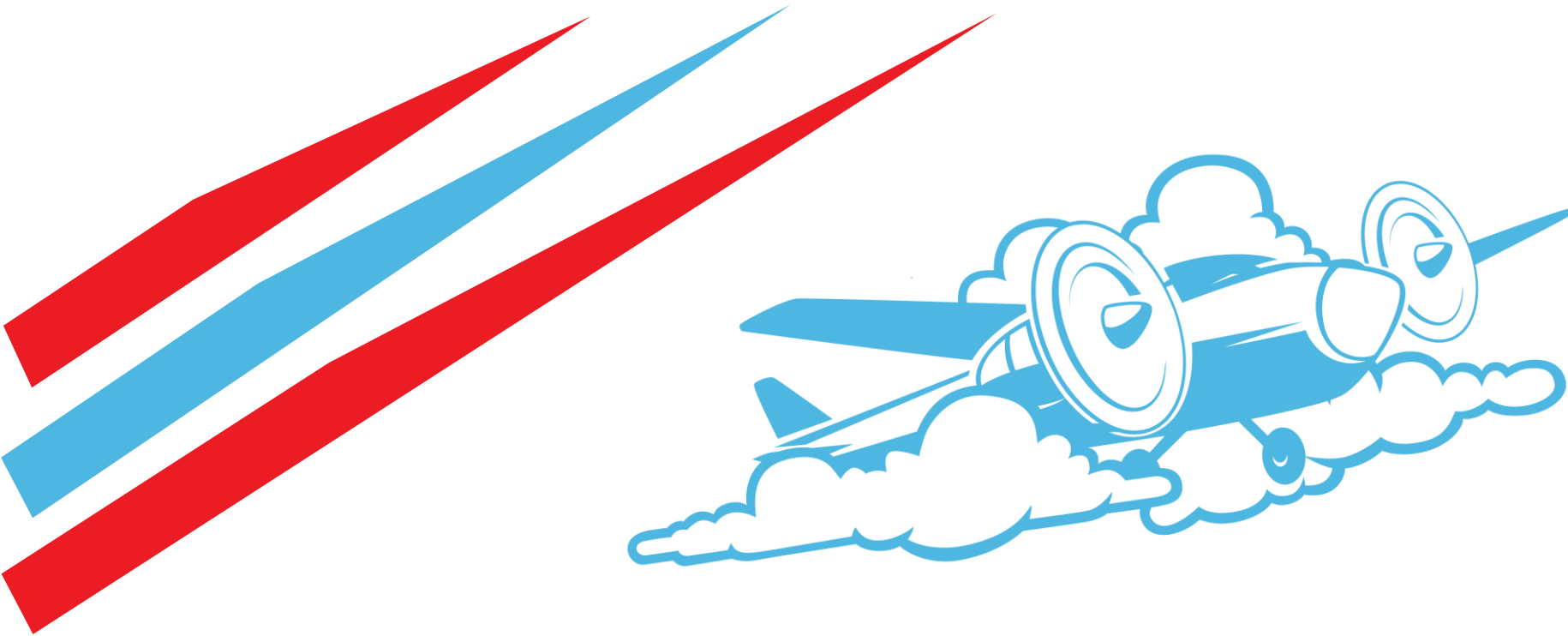
WORK-LIFE BALANCE



WHY IS IT IMPORTANT?

CHARACTERISTICS OF GOOD BALANCE/INTEGRATION

- Setting Boundaries
- Time Management
- Flexibility
- Stress Management



FASTEN YOUR SEATBELT

SELF CARE FOR A SAFE LANDING

PUT YOUR OXYGEN MASK ON FIRST

Self-care

- The art of no
- Chair yoga
- Meditation/breathing



BE A CHANGE AGENT

- Be mindful of the example you're setting
 - Encourage restorative time
 - Support occupational well-being
 - Take breaks



Be A Change Agent

At Home

- Unplug
- Don't over commit
- Get support
- Take advantage of EAP
- Treat your body right
- Get help if you need it



Be A Change Agent

For Self

- Set manageable goals each day
- Be efficient with your time at work
- Tune in
- Communicate effectively
- Take breaks



“YOU ARE NOW FREE TO MOVE AROUND THE CABIN”

How Are You Really Doing?

- The Art of No
- Chair Yoga
- Meditation/ Breathing
- Free Meditation Links - YouTube



Do You Think You're Practicing Good Self-Care?

[Loveisrespect.org/quiz](https://loveisrespect.org/quiz)



love is respect V org



SCORING

GIVE YOURSELF A 3 FOR ANSWERING "I DO THIS FREQUENTLY," 2 FOR "I DO THIS OCCASIONALLY," 1 FOR "I RARELY DO THIS" AND 0 FOR "I NEVER DO THIS." SKIP THE QUESTIONS YOU ANSWERED "THIS DOESN'T APPLY TO ME."

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0-15 pts

It sounds like you may not be practicing a whole lot of self-care, but you can change that! Self-care is taking the time to care for myself in whichever ways work best for you. We know that to be in a healthy relationship we each need time for ourselves and our own interests, and sometimes even when we're single our work and school schedules can get in the way of us truly taking the best care of ourselves. It's important to remember that self-care is not selfish, it's self-LOVE. Chat with an advocate on www.loveisrespect.org

16-30 pts

It sounds like you may be practicing a little self-care, but could use some more guidance or ideas on how to best take care of myself. Remember: self-care is about taking the time to care for myself in whichever ways work best for you! Just start thinking about what you can do that makes you happy, and do it. Call, chat on www.loveisrespect.org or text LOVEIS to 22522 to speak with an advocate about more self-care ideas and what may be best for you.

31-45 pts

It sounds like you are doing a good job taking care of myself! Self-care is important for your emotional, mental, and physical well-being, so keep it up! If you're used to doing the same techniques or methods, maybe try something totally new. If you usually journal your feelings, try your hand at art. If you always go for a run or do a physical activity, try some meditation and deep breathing exercises too. New experiences can be fun!

46-60 pts

It sounds like you know all about self-care, and are excellent at taking those few moments to focus on you! Keep it up! Self-care can be a really positive thing for anyone, especially for people who have experienced some form of trauma.

Activity

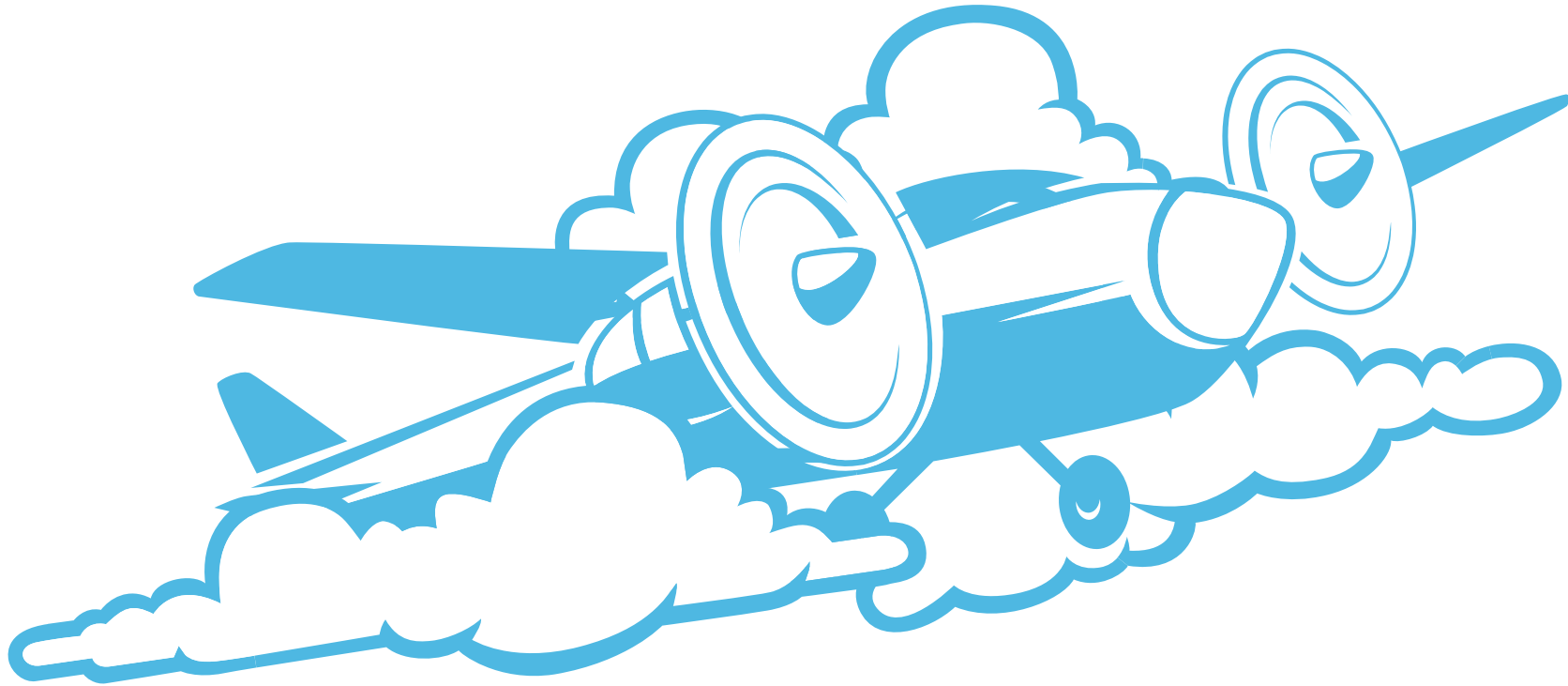
- What weight are you carrying around?
 - Work/home
- Chair Yoga (5:28)
 - https://www.youtube.com/watch?v=xRH1To_xyr8



“YOU ARE NOW FREE TO MOVE AROUND THE CABIN”

- Mediation/ Breathing
 - Relax - Calm
 - Focus - Peace
 - Reflect - Clarity
 - Mental Reset



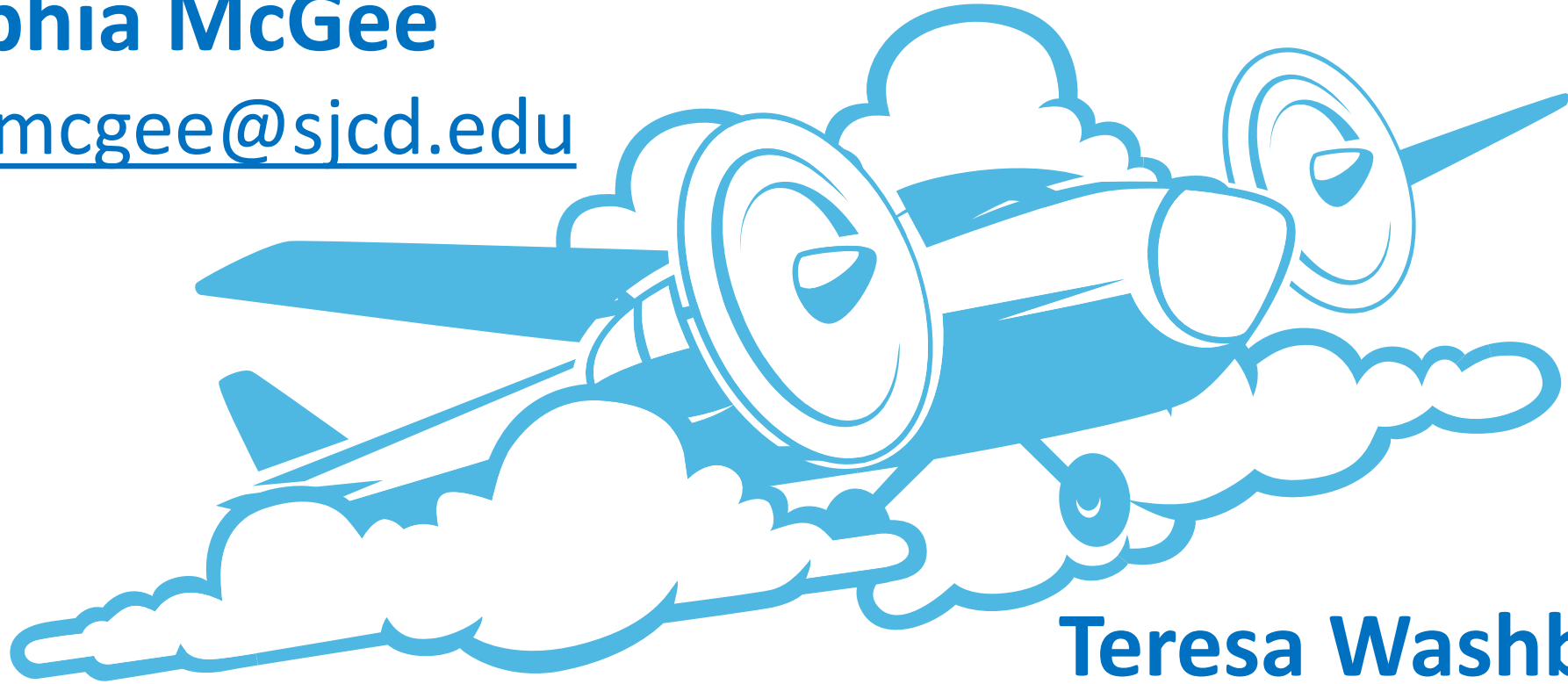


Questions?

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Thank you!