The question you've all been asking . . .

What is happening in Bobbi's love life?

Burnout

What it is and how to heal from it

- Do you feel exhausted when you get home from work?
- Do you go about your day feeling numb and as though you're just going through the motions?
- When you get right down to it, do you feel ineffective and maybe even helpless?

Three aspects of burnout:

- **Exhaustion** – both physical **and** emotional depletion. When we feel stressed, we often work harder and longer to try to manage it. This is a vicious cycle.
- **Depersonalization** – putting space between us and what we think is causing us stress. If we work with people, we may seem them as just a number and not as a person. We become cynical about the people and/or our work.

Inefficacy - This refers to a reduced sense of personal accomplishment.

It can feel like any or all of these things:

- You're not getting things done no matter how hard you try.
- You just don't have the time and resources available to complete the tasks you are expected to do.
- You rarely get any positive feedback for what you *are* doing.

Stress Reduction Kit

Directions
1. Place on FIRM surface.
2. Follow directions in the circle.
3. Repeat as needed, or until unconscious.
4. If unconscious, cease stress reduction.

Burnout recovery strategies:

1. **Slow down.** Cut back on whatever you can. Remember that burnout doesn't only occur at work. We can burnout from too many family/ social commitments, too. **Rest, reflect, heal.**

2. **Get support.** This is not the time to isolate. Ask your friends and family for support and a listening ear. You can also call a therapist. Just a thought. I know a good one.

3. Re-evaluate goals and priorities; ask yourself if it's worth it. Are you neglecting something that is truly important to you? Burnout can be an opportunity to discover what's really important to you.

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