



BURNOUT

with mindfulness

a toolkit for stress reduction,
engagement, and sustainability at work

Mindfulness & Burnout

Mindfulness helps
prevent burnout:
see how you can address
the three components of
burnout with mindfulness.

Are you burned out?

Sometimes burnout is obvious,
other times it's not.
Capable people can be
experiencing burnout but not yet
fully aware of what's going on.



it *might* look
like this



or you might
think you're ok

What is Burnout?

A complex syndrome
characterized by:

- 1) **Feeling ineffective**
- 2) **Depersonalization**
- 3) **Emotional exhaustion**

What is Mindfulness?

"Mindfulness is the
awareness that arises out of
intentionally paying attention
in an open, kind, and
discerning way."

—Shauna Shapiro & Linda
Carlson

Signs of Burnout

Try this check list, are you:

- Working too hard?
- Neglecting your own needs?
- Needing to prove yourself?
- Not living by your values?
- Denying problems?
- Avoiding conflicts?
- Withdrawn / isolated?
- Having escape fantasies?



Maintaining Mindfulness

Keep your cool by taking a
Purposeful Pause regularly.

Minimize multi-tasking -
sometime's it's necessary;
other times it's a (bad!) habit.

How mindfulness helps:

More aware of our
reactions; more deliberate
in our choices; more
present in the situation.

Preventative Mindfulness

Follow the links for instructions and info

- [Mindful Movement](#)
- [Awareness of Breathing](#)
- [Mindful Eating](#)
- [Mindful Check-In](#)
- [3 min. Breathing Space](#)



Burnout Component #1

Feeling Ineffective

Prevention: take a fresh look at your expectations for yourself.

Recovery: Renew your sense of effectiveness by tuning into meaning and notice your accomplishments today.



Pace Yourself

Are your expectations reasonable? Is doing your best with what you've got today enough?

A seated **Body Scan** can keep you in better touch with yourself: what's your body telling you right now?



A Moment of Self Appreciation

Take a moment when you finish a task or navigate a tricky situation to **celebrate!**

So often we rush on to the next thing without taking a moment to feel into what we just finished. Notice your successes.

"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life."

— Christopher Germer

Burnout Component #2

Depersonalization

Prevention: connect with the person behind the role. Ask people how they are and really mean it.

Recovery: Find ways to "repersonalize" - reframing bad behavior, learning more about someone, setting appropriate boundaries. And try Loving Kindness meditation.



"Repersonalizing"

Curiosity - questioning judgements and perceptions about others is a huge help.

"Hmm, I wonder why she just did that?"

Learning about being more mindful in communication helps.

Feeling reactive?

Try the **STOP Practice**.



Loving Kindness meditation

It might sound a little "woo woo" but the research evidence is very strong for the power of Loving Kindness meditation to help us reconnect with others more deeply and improve our own emotional well being.

Burnout Component #3

Emotional Exhaustion

Prevention: prioritize your own wellness. Time for a short walk or a stretch? Self-care matters. Refill your cup!

Recovery: develop tools to help you process instead of just pushing on.

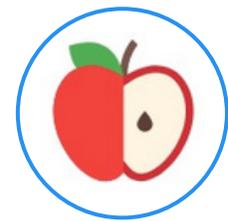
Recovery Practices

Follow the links for instructions and info

- Two Feet and a Breath
- Anchoring Meditation
- Seated Body Scan
- Mindful Walking
- Self-Compassion Break



Helping others can have surprising benefits too.



Lunch!

Taking a real lunch - away from the desk - has been shown to have **many benefits**.

Another opportunity for mindful eating - take the first few bites with full awareness.

MORE MINDFULNESS RESOURCES

Workshops for

King County Employees

Mindfulness Northwest:

resources, classes, retreats.

Interested in establishing a daily practice?

Here are some tips and tricks.