



DOUSE THE FLAMES



8 Ways to re-build after BURNOUT

Burnout is a chronic stress response related to interpersonal stressors in the workplace. Because you are expending all your energy on dealing with the stress, it leaves you physically, psychologically and emotionally fatigued. You have no motivation, no purpose and no quality of life. This wreak havoc with your work and family life. But there things you can do to break the cycle. here are a few ideas.

1 Make sure it really is burnout



It is safer to make sure that you are not dealing with something more serious. Many conditions present with fatigue and negative emotions. Rather get a proper diagnosis, especially if none of your self-care strategies seem to be making a difference.



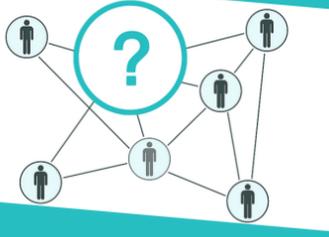
2 Start with the basics - good food, good sleep, good hydration

The basic requirements for life, and for a good life, is to be picky about what food you eat, what you drink and how well you sleep. For all three of these requirements you need good quality and enough - not too much and not too little, just right for you.

3 Take relaxation seriously



Time-out from work, family commitments and adult responsibilities is not an indulgence. You need time to recharge your batteries and if you do not deliberately block time out in our diary, life will suck you in. Be strict and stick to your commitment to chill out.



4 Know when it is your stuff & when not

Treat your energy level like you would your budget - spend it only on what is needed in your own household. Not every problem requires your input, not every conflict situation compels you to mediate, not every crisis depends on your intervention and not every request demands your compliance. Stick to your sphere of influence and conserve your energy .

5 Do a digital disconnect



You will be amazed how much mental and emotional energy you can save when you unplug from the digital world, even if just for an hour before going to sleep. Don't take you phone or other device to your bedroom, the lure is strong, as you know. Keep your phone on silent. Unless you are an emergency worker, you don't have to be available at all times. Self-isolate from the negativity on all media sources ... negative people.



6 Reconnect with the real you

Get to know the real you, not the you you think you ought to be or who others think you ought to be. Take time to take stock of where you are and where you want to be. The pathway to healthy self-care starts with honest self-assessment. Once you know where you are and where you want to be, you can make a plan to get you there..

7 Do what gives you wings



Burnout devours you passion and everything starts feeling like a slog, even activities that used to excite you. You start doing less and less of the things that make you fly. Even if you don't feel like taking up drawing again, do it. Or walking or dancing or reading or, or, or. Whatever it is that gives you wings, do more of it more often. That is called feeding your soul.



8 Don't believe everything you think

When you take time to analyse your thoughts, you will find that an awful lot of the thinks you think, you don't actually believe intellectually. Thoughts are perceptions, not the objective reality or universal truth. Practice to change your mind.



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