

6 Strategies to Treat Burnout

1: Check Your Thinking

What's the story you've been telling yourself about the most challenging person in your organization lately? What are the stories you've been telling yourself about you?

Have your internal narratives become more negative than they normally are? When we're in periods of high stress that's often the case. - You might be a generally optimistic person and confident individual who becomes negative amidst your burnout.

Your thoughts determine which emotions you'll experience. Negative thoughts will only perpetuate your burnout. Rational and balanced thoughts will promote a positive shift.

2: Deploy More Moments of Positivity Throughout Your Day

Utilize the positive energies of gratitude, appreciation, and acknowledgment for one minute at a time, multiple times throughout the day. For example, when you grab your morning coffee, pause and appreciate how delicious it tastes. When you walk through your home, acknowledge how cozy or beautiful it is. When you lead a team member, voice your gratitude to someone who's gone above and beyond lately. Taking a moment to feel positivity allows happy chemicals to enter your bloodstream.

3: Schedule Time Away From Work

Even if you can only get away for a long weekend, some time away is better than none. Advocate for more time away if you need it. Book a high-value activity or destination you know you always enjoy.

4: Exercise Has an Immediate Positive Effect on Your Brain, Mood & Focus

Focus on aerobic exercise for a minimum of 30 minutes at a time.

Watch this 2 min clip of researcher Wendy Suzuki's TedTalk to learn more:

<http://t.ted.com/rFZFcTN>

5: Commit to Deploying a "Burnout Recovery Plan"

You did not become burnt out overnight and you will not recover from burnout overnight. This is going to be a process. Formally begin your recovery process by committing to taking consistent action.

6. Process Your Stressors

The positive feedback Angela receives most often from her clients is that they experience a tremendous amount of stress relief simply from processing their recent challenges in a confidential setting, with a knowledgeable professional who will reflect back insights they hadn't recognized before.

If you are a gregarious and talkative individual you are likely to be an "external processor" who "thinks out loud." This means you may not reach maximum clarity on your situation unless you find a second party to help you process.