

Understanding Burnout

Stressor: anything you see, hear, smell, touch, taste, or imagine that could do you harm

Stress: the neurological and physiological shift that happens in your body when you encounter threats

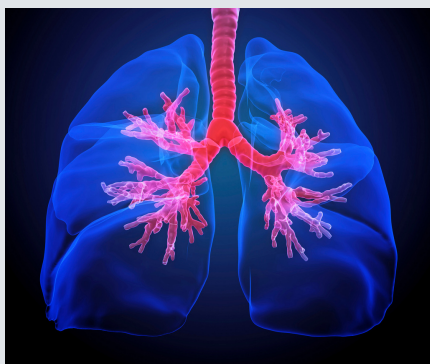
What is burnout?

*"We all have an intuitive sense of what burnout is." p. XI**

Herbert Freudenberger 1975 defined burnout as:

1. Emotional exhaustion
2. Depersonalization
3. Decreased sense of accomplishment

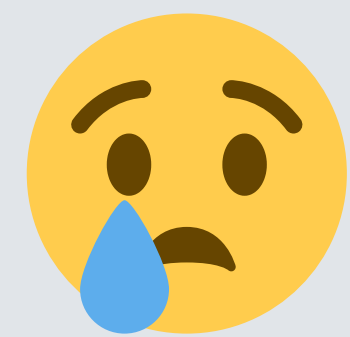
How do we complete the stress cycle to help relieve burnout?



Deep
Breathing



Positive Social
Interaction



Crying



Laughter



Affection



Creative
Expression

Dealing with **the stress** in your life is a separate process from dealing with **the things** that cause your stress."

*The above content is all sourced from Emily Nagoski, PhD and Amelia Nagoski, DMA and their book Burnout: The Secret to Unlocking the Stress Cycle.

