

BURNOUT INFO

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WHAT THE HECK IS BURNOUT?

Burnout is what happens when we begin to have changes in our jobs or our personal lives and we have resistance to those changes (whether we are aware of it or not).

Medically speaking the International Classification of Diseases have outlined the following as a way to identify occupational burnout:

1. Feelings of energy depletion or exhaustion
2. Increased mental distance from work; feelings of negativism or cynicism related to ones job
3. Reduced professional efficacy.

You can find this happens in your personal life as well.



WHAT ELSE?

Burnout is often described as feelings of stress (that sticks around after time-off), being overwhelmed, feeling stuck, or just not feeling like yourself.

It also can show up physically in our bodies long before we realize it mentally or emotionally.



WHY AM I STILL BURNT OUT?

Mindset plays a huge part of our ability to breakthrough burnout. Our feelings of guilt, mistrust, anger and not wanting to feel "weak" are some reasons that limit us from getting help.

Brené Brown talks about "the story I'm telling myself" in her Netflix special: Call to Courage.

Often times we create these stories in our minds and make up assumptions about what is happening to us and why it is happening. Sometimes it is our fears and insecurities that take a lead in the story.

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OKAY, AGAIN EXPLAIN WHY I AM STILL BURNT OUT.

Think of it this way, if you are holding a coffee cup and someone comes along side you and bumps you, what spills out? coffee?

The answer is *whatever is in the cup.*

If you fill your cup with anger, resentment, judgments and then you are bumped your cup will continue to spill out those negative thoughts.

Instead, if you practise filling your cup with gratitude, open mindedness, understanding, and patience and someone bumps you, you will most likely apologize to them and move along with your positive thoughts.



GOTCHA! SO WHAT ABOUT SELF CARE THEN?

When you are burnt out, overwhelmed, stretched to the max, then the type of self care that does not work is the type you have to learn how to do and the type that avoids doing anything.

For example: bubble baths, mediation, getting up early.. etc.

Unless you are using the time to reflect and then implement action you are going to stay in a cycle of repeating negative thoughts. Same with getting up early before the kids or learning to mediate, you are already EXHAUSTED so unless they are tools you are familiar with hold off a bit until you feel more balanced.

My #1 Self Care tool is MAKE YOUR LIFE EASIER BY
REDUCING not ADDING

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GRRR LIST

Write a list of all the things that make you go grr.

- Laundry
- Dinner planning
- grocery shopping
- carpooling

I think you get the idea.

Once you have your list pick ONE item off it so you can then take small steps at reducing that stress



HOW DO I REDUCE?

Dinner time was my top grr, I felt completely stressed every day thinking about what to have for dinner and then guilty for settling with KD ...again.

I started to reduce this stress by using a local meal prep service. It was fantastic at first because I would buy the meals and my partner would make them.

The issue became when our daughter would not eat with us because the meals were too nice and we had limitations on what we could eat as well.

Then came the minimalist meal plan (*adapted from the Live Free Creative blog: Energy is Everything a Minimalist Meal Plan*).

We scaled down to 7 meals that we could have every week. They are our **base meals** so we can always add or adjust as our taste buds feel like it.

Notice though I didn't add to my week by creating a specific meal planning day and grocery shopping day? instead I reduced my stress by making things easier.

OTHER EXAMPLES OF REDUCING:

- Split chores, one person takes laundry to the wash another person puts away
- Do online grocery shopping and get pick up
- Alternate carpooling with another parent
- What else? What can you think of... something small!

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ALRIGHT, I'M GETTING IT NOW. SO WHAT'S WITH THIS WHOLE "MINDSET" STUFF?

Mindset is about how we look at a situation. We all have a perspective, neither one is wrong. But we can open our minds and stretch our thinking in order to grow our perspectives. Here are some mindset tips and tricks.

Keep saying yes!

Saying no feels rude and selfish (we are taught this as kids). so instead stick to saying yes but ask yourself these questions:

- Does saying YES make you feel expansive or contracted? (*adapted from Marie Forleo*)
- By saying YES am I also saying YES to me? or will I be resentful later?
- What was my initial reaction? Why? And truly be curious.

Option 3

We can get stuck thinking it's either this or that (all or nothing), What about a third option? Put it out there "is there another way of looking at this?"

Time and Energy

Some of your most valuable gifts are your time and energy, where you choose to spend it is important. Some people say "well I do work in the evening but it's fun stuff so I don't bill for it" you are not billing for your work but rather the time you spent away from family or other personal activities.

Responsibility

The only one that can truly help to move you out of this state of being is yourself. You can reach out for help but you ultimately do the work.

ARE YOU READY FOR THE NEXT STEP?

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NEXT STEPS

1:1 COACHING

Personalized plans created together to bring you focus, clarity and strategy.

Agreements start at 5 weeks.



ONLINE COURSES

Check to see which group session is available at:

www.tiabell.com/unstuck

How to get in contact?



Free connection calls or coffee chats are available so message me through any of the following:



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hello@tiabell.com

Thank you for reading!