



# Taking Care of Business, Dealing with Professional Burnout

WORKSHOP

FACILITATED BY DEBBIE DUNN

A NARRATIVE PRACTICE

# WHAT WE WILL BE DOING IN THIS SESSION?

- ▶ **Workshopping the effects of Burnout**
- ▶ **Exploring wellbeing and burnout prevention**
- ▶ **Getting into the specifics**
- ▶ **Your plan**



Write down your responses to the following:

- ▶ What are the effects, the impact, of professional burnout?
  - ▶ THEN
- ▶ Share with the person next to you

# Impact of Burnout?

- ▶ **Stress fatigue headaches anxiety irritability  
poor sleep lethargy**
- ▶ **Poor concentration avoid activities usually love  
poor decision making**
- ▶ **Immunity lower...colds/flu mental exhaustion**
- ▶ **Relationship issues**

# The pathway to wellbeing, to the prevention of burnout and its effects

Brain

The  
Mind

Physical

The  
Body

Soul

The  
Spirit

# What does this involve?

Looking after ourselves:

- ▶ **OUR MIND:** Stimulating the brain, keeping it active, looking after the neurons
- ▶ **OUR BODY:** Our physical selves, keeping it moving, building muscle capacity
- ▶ **OUR SPIRIT:** The non-physical, the seat of our emotions – the soul, following our passion, doing those things that makes our heart sing



*WELLBEING*

**What would you  
be doing if you  
are attending to  
each of **Body**, of  
**Mind**, of **Soul**?**

**LIST WHAT YOU  
MIGHT DO UNDER  
EACH HEADING?  
PUT IT N YOUR PLAN**

# What are some activities for a healthy mind?

- ▶ Taking breaks
- ▶ Mindfulness: being in the moment, focus on the present
- ▶ Meditation
- ▶ Music
- ▶ Learning
- ▶ Fun
- ▶ Reading
- ▶ Yoga
- ▶ Creative activities



# What are some activities for a healthy body?

- ▶ **Walking**
- ▶ **Dancing**
- ▶ **Sleep**
- ▶ **Yoga**
- ▶ **Healthy nourishing food**
- ▶ **Gym type workouts**

# What are some activities to feed the spirit?

- ▶ Connecting with friends
- ▶ Following passions
- ▶ Meditating
- ▶ Self-reflection
- ▶ Fulfilling work
- ▶ Fulfilling relationships
- ▶ Follow your dreams
- ▶ Activities that bring joy
- ▶ Spending time in nature

UPDATE YOUR PLAN



Questions?  
COMMENTS?