

Burnout (*different than tired*)

Defined by three components:

1. **Emotional Exhaustion** - the fatigue that comes from caring too much, for too long
2. **Depersonalization** - the depletion of empathy, caring, and compassion;
3. **Decreased Sense of Accomplishment** - an unconquerable sense of futility: feeling that nothing you do makes any difference

Speak its language. Body language.

1. Physical activity is what tells your brain you have successfully survived the threat and now your body is a safe place to live. Physical activity is the single most efficient strategy for completing the stress response cycle.
2. Breathing - Deep slow breaths down regulate the stress response - especially when the exhalation is long and slow; Breathing is most effective when your stress isn't that high, or when you need to take the edge off until you can do something more hardcore.
3. Positive Social Interaction
4. Laughter
5. Affection (6 Second Kiss; 20 Second Hug)
6. A Big Ol' Cry (Favorite tear jerker movie allows your body to move through the process with the character) Remember music as emotion shifter.
7. Creative Expression

If you have been living chronically stressed for awhile, you might feel relief, but not complete after these strategies. It has to become a daily practice. 30 minutes of any of these strategies every day to complete the cycle.

Make it a priority, like your life depends on it. Because it does.