

Overcoming Burnout

We'll get started in just a
few moments!





Dr Kate Daley
– Clinical Psychologist



Choden
– Mindfulness Expert



Dr Khushbu Haria
– Counselling Psychologist

What we'll cover today:

- Burnout signs and impact
- Lived experience
- Practical exercises

SETTLING PRACTICE:

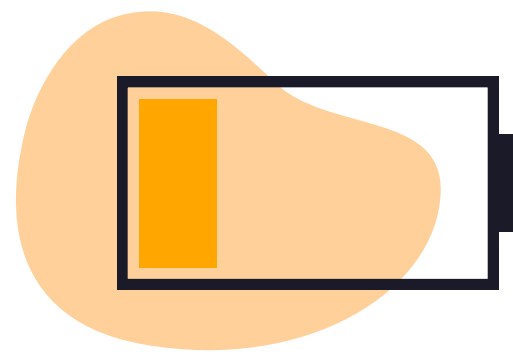
Breathing & Grounding Activating Parasympathetic System

What is burnout?

“A syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed”

– World Health Organization

3 Key Dimensions



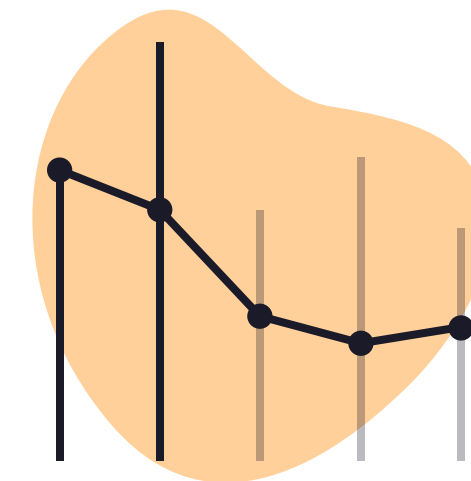
1.

Feelings of energy depletion or exhaustion



2.

Increased mental distance from one's job or feelings of negativism or cynicism towards it

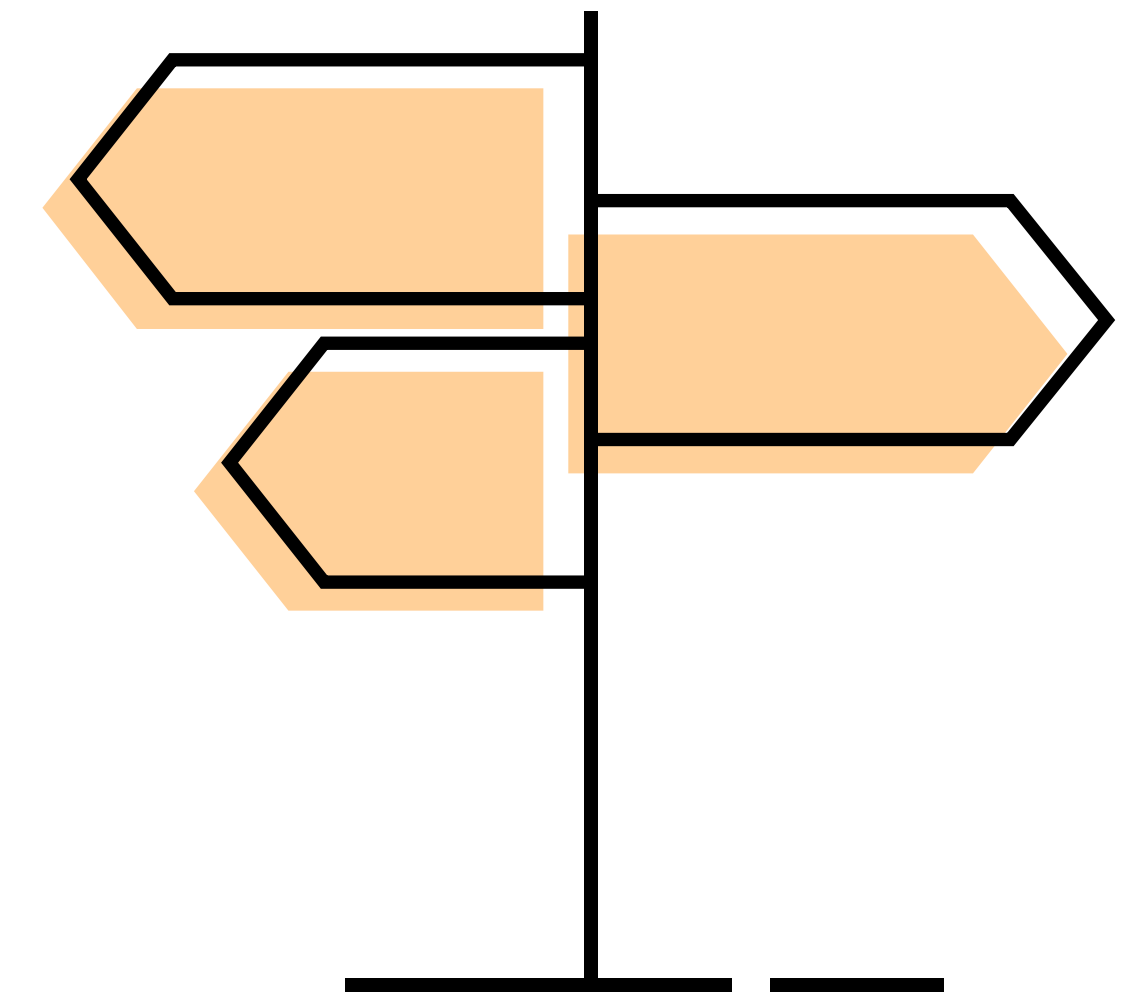


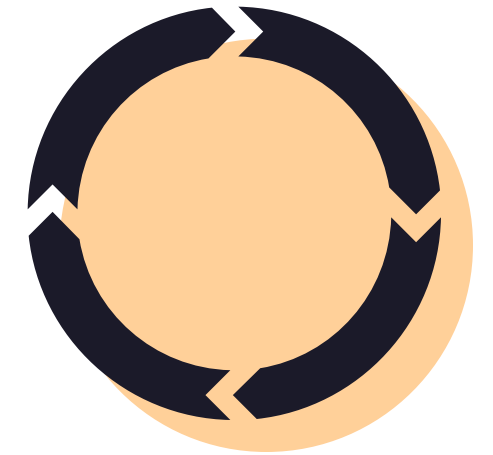
3.

Reduced professional performance

Signs & Impact

- Honeymoon phase
- Onset of stress
- Chronic stress
- Burnout





Phases (Freudenberger)

1. Compulsion to prove self
2. Working harder
3. Neglecting needs
4. Dismissing conflict
5. Changing values
6. Denial of emerging problems
7. Withdraw from others
8. Obvious behavioural changes
9. Disconnected
10. Emptiness
11. Depression
12. Burnout

Contributory Factors

- High demands
- Lack of resources
- Low control or clarity
- Insufficient reward
- Breakdown in sense of community
- Unfairness



Contributory Factors

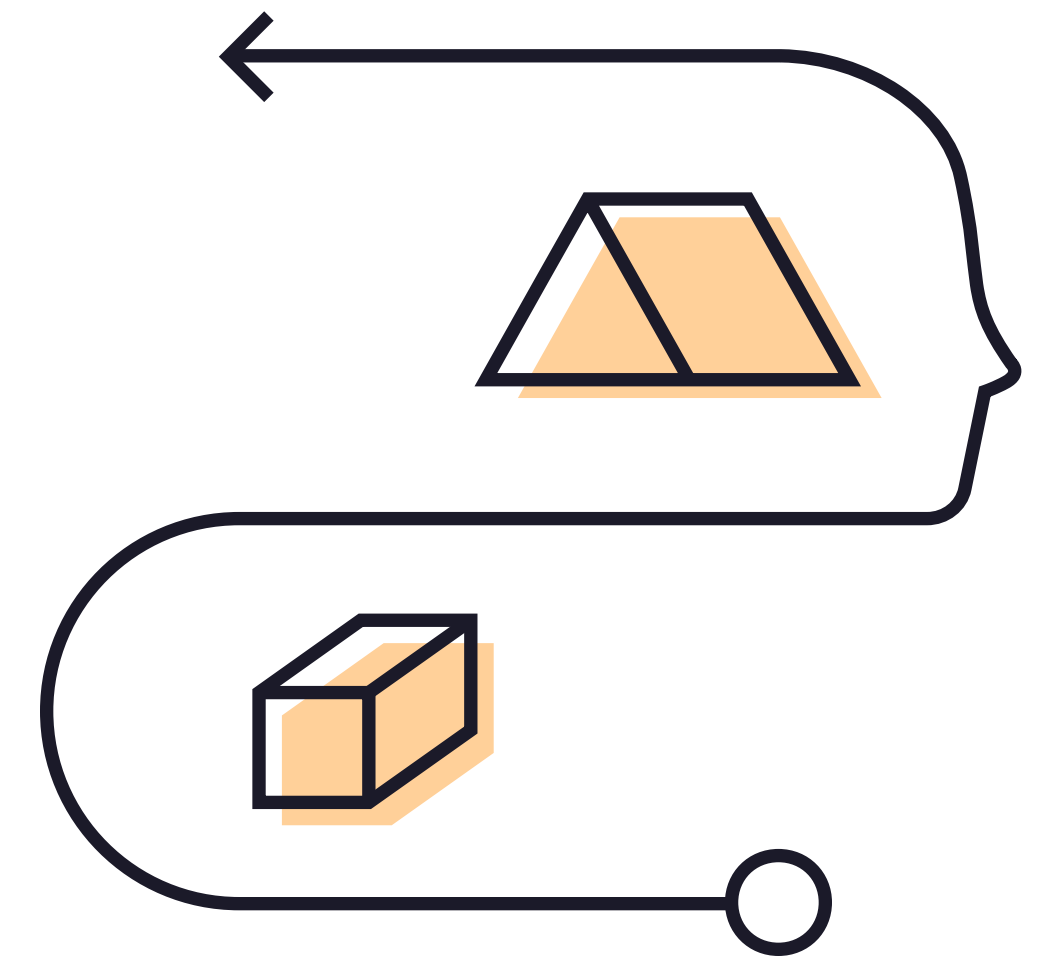
- Impact of technology
- Societal or industry norms
- Value conflict
- Personal characteristics
 - Dedicated and committed
 - Putting others first
 - Beliefs and self-expectation



Lived Experience of Burnout

Strategies

- Reduce external stressors
- Increase resources
- Identify triggers and early warning signs
- Reduce internal stressors
- Self care



PRACTICE:

Compassionate Breathing

Any questions?

Thank you

