

BURNOUT

aka: Signs That You Need to Take Care of Yourself

- Experiencing irritability, strong anger, cynicism, depression, emptiness, hopelessness, fatigue, fear, anxiety, sadness, or other feelings that:
 - seem unmanageable
 - feel out of control
 - are overwhelming
 - you are unable to identify their source
 - you are trying to ignore
 - you are avoiding through sarcasm or laughter
- Feeling numb, or unable to feel emotions
- Having times when you do not feel completely present in your body or surroundings, or you are losing time
- Experiencing flashbacks or unwanted, persistent thoughts that intrude your mind
- Dramatic changes in sleeping or eating patterns
- Noticing physical symptoms including headaches, gastrointestinal problems or disorders, muscle tightness/tension, tearfulness
- Behaving more compulsively in areas including eating, working, sexual activity
- Working harder to “prove yourself” but at the same time feeling unappreciated, holding high standards that are impossible to meet
- Changing your values, such that family, friends, hobbies, activities you used to enjoy are ignored
- Withdrawing from social contacts, isolating yourself, avoiding others
- You are thinking about or engaging in self-injury through physical harm, alcohol or substance use, or placing yourself in dangerous/risky situations

UNHEALTHY THINGS YOU MAY BE TEMPTED TO DO:

- Blame others
- Ignore the problem
- Complain
- Work harder or longer
- Self-medicate
- Neglect your needs, interests, and desires
- Reduce pleasurable activities and leisure time
- Hold unrealistic expectations
- Look for easy answers
- Make major decisions until you have healed

HEALTHIER WAYS OF TAKING CARE OF YOURSELF:

- Spend some quiet time – connect with yourself and be still. Take some time off
- Recharge and renew daily (exercise, stretching, healthy eating, restful sleep, meditation/prayer, journaling, inspirational reading, nourish your soul)
- Having meaningful conversations daily with family, friends, or advisors
- Get support!
- Nurture interests outside work/activism
- Engage in self-reflection, identify your values and goals, and follow them
- Take one thing at a time. Acknowledge negativity, but focus on the positive
- Don't be afraid to say "No." Set boundaries to avoid overextending yourself. Cut back on commitments that are too much and communicate this to others
- Find a therapist
- Laugh!
- Honor YOURSELF
- Understand that your pain is NORMAL: you are human and your work is intense!