

# Hold on Tight

Fatigue, Stress & Burnout



Knowledge is Power

Consulting & Wellness Services

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What would you do if you had  
one more hour in the day?



# WORK-LIFE BALANCE



# WHY is this such a struggle for us?

**Cognitive dissonance:** we have an unrealistic picture of “balance”



- ▶ You don't stop living just because you are at work
- ▶ For many of us work is a huge part of our identity and a reflection of our values and purpose in life
- ▶ Work and life do not fall into nice 8-hour categories. It all overlaps during the day (your kid's ball game, a family supper and the big staff meeting).
- ▶ There is no “perfect hourly formula” for happiness, health and success
- ▶ We are under the impression that the “life” part is relaxing and fun and fulfilling and peaceful. That's vacation; LIFE is a lot of work....



Most people come to realize that they don't have a problem with **balance** per se (they can for the most part determine how they could "work less..." and "play more") so much as they have a problem with stress.

....At **work** and in **life**

# STRESS

- ◉ Can be internal (we place on ourselves) or external (placed upon us by others or circumstance)
- ◉ Can be positive (eustress) or negative (distress)
- ◉ Is UNIQUE to everyone in intensity, cause and symptoms
- ◉ The 3 C's are often key players in our interpretation of stress

# What causes you stress?





# MASLOW'S Hierarchy of NEEDS



If our core needs are not being met, we will have stress



# Common emotional and mental symptoms of stress

- ▶ Irritability
- ▶ Mood swings
- ▶ Emotionality
- ▶ Apathy
- ▶ Anger
- ▶ Over controlling/ bossy
- ▶ Detachment
- ▶ The “crash”
- ▶ Worry (especially anticipatory)
- ▶ Avoidance
- ▶ Attention to threat
- ▶ Fast/sustained physiological arousal
- ▶ Psychosomatic complaints
- ▶ Difficulty in resting and going to sleep
- ▶ Shyness/ Social withdrawal
- ▶ Perfectionism



**WHO JAMMED THE COPIER**

**AND LEFT IT LIKE THAT?**

# FACTS ABOUT STRESS

Did you know that in America...

- 68% of workers indicated they feel 'burned out' & that job stress is the cause of their frequent health problems, in addition to making them less productive?
- 40% of worker turnover is due to job stress?
- Over 40% of all adults suffer adverse health effects from stress?
- 75% - 90% of all doctor visits are for stress-related ailments & complaints?
- Stress is linked to the leading causes of death, including: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver due to alcoholism & suicide?
- More than 1/2 of deaths between the ages of 18 & 65 result from stressful lifestyles?
- Stress leads to the breakdown of the immune system, which makes people especially susceptible to arthritis, fibromyalgia & a host of other diseases & sicknesses, including the common cold & the flu?
- Over \$8 billion dollars is spent annually on anti-depressants & anxiety medications?



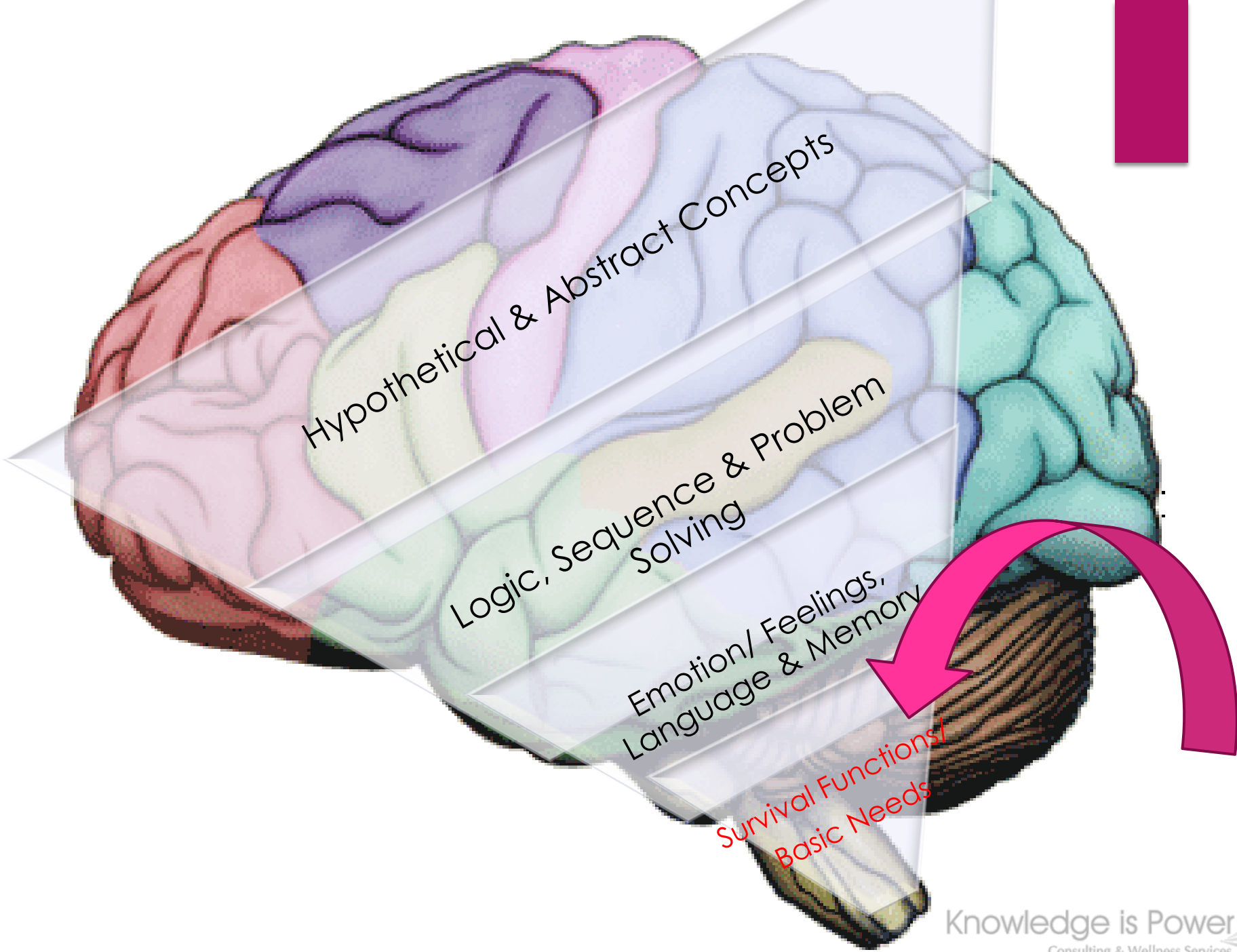


**“Aside from ulcers, heart attacks, bypass surgery,  
drug and alcohol problems, and broken families,  
a little hard work never hurt anyone!”**



*No problem can be solved from the same  
state of consciousness which created it!*

*~Albert Einstein*

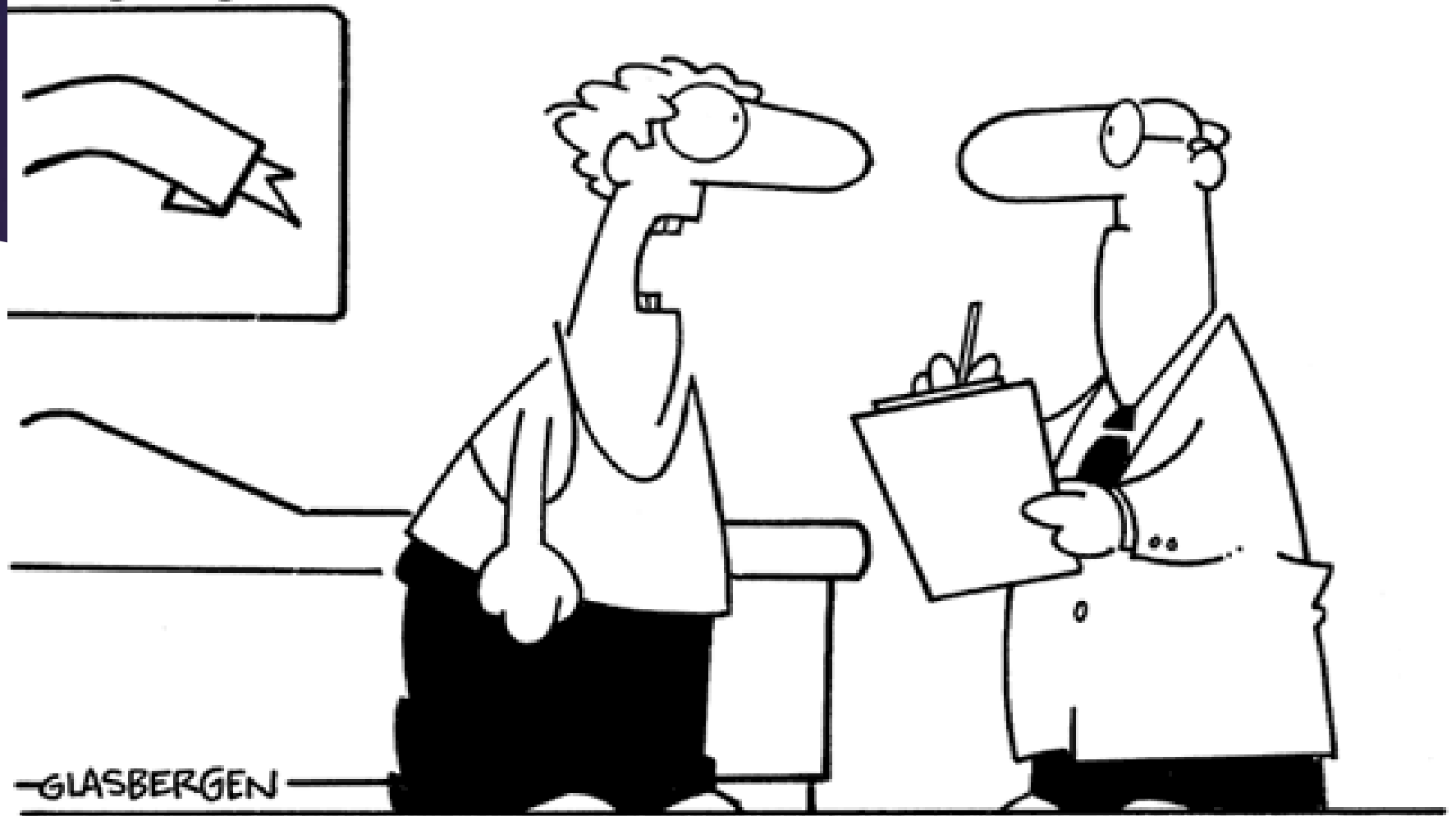




# How do I Cope?








**"I'm learning how to relax, doctor —  
but I want to relax *better and faster!*  
*I want to be on the cutting edge of relaxation!"***

You can never have enough of  
what doesn't quite work...





I'll have a Cafe-Mocha  
Vodka-Valium  
Latte to go, please!

# Stress Management



# Get some sleep

Sleep “resets” your body

Ways to get better sleep:

- ▶ Get some exercise
- ▶ Turn off the lights
- ▶ Use essential oils, aromatherapies, bath salts, etc
- ▶ Kill the caffeine
- ▶ Stay away from food
- ▶ Cool off
- ▶ Unplug





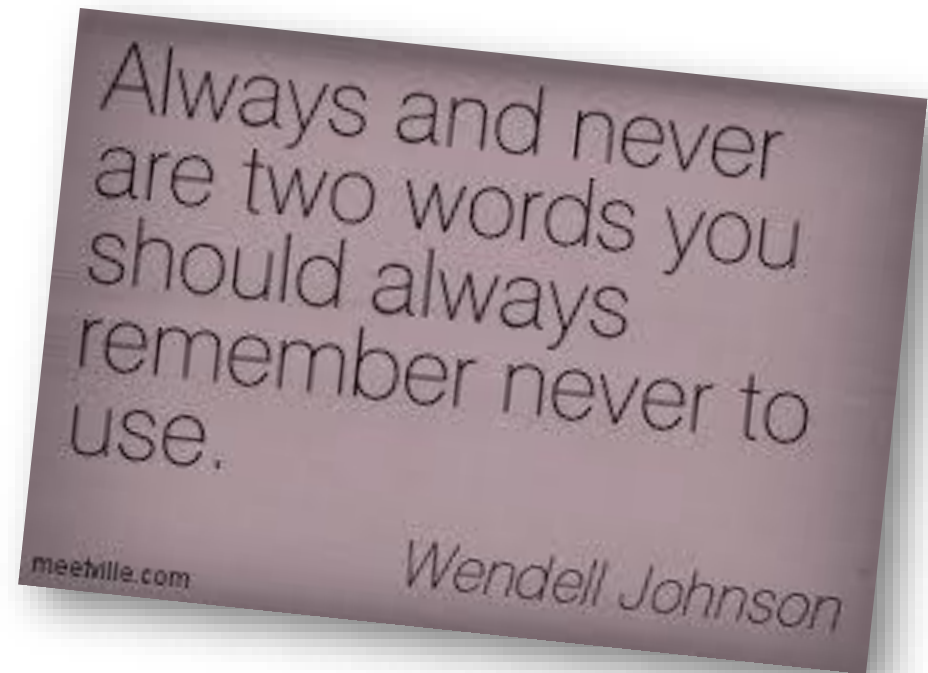
# Don't SHOULD on yourself!

- ▶ There's LOTS of things we "should do"....be happy with what you are and do well!
- ▶ We are each doing the best we can with what we have



80% is awesome!

- ▶ **80/ 20 rule (73 days, 4.5 hours)**
- ▶ Erase black and white thinking! Get comfortable in “the grey” area
- ▶ Always & Never have no place in parenting, dieting, work, living or self-care: remember nobody’s perfect.





## Don't do what you don't do!

- ▶ You are amazing at a lot of things! Embrace them
- ▶ Try new things, but don't force yourself to bake or sew or cook from "scratch" or run a marathon if you just can't or don't want to...
- ▶ It's ok to say "**no...**"



# Don't procrastinate

- ▶ When you procrastinate, you repeatedly (every time you think about it) send the message to your brain that the task is to be **avoided, feared or hated**. This will become a reinforcement loop making the task more and more difficult and the brain **less willing to engage** when required.
- ▶ BEWARE the “I work better under pressure!!” myth



# Forget the starving kids in Africa

- ▶ Just because your “thing” isn’t tragic, fatal, devastating or urgent doesn’t mean it doesn’t matter.
- ▶ Perspective is important, but it’s for another time...
- ▶ Honour your things...big or small

Saying someone can't be sad because someone else may have it worse is just like saying someone can't be happy because someone else might have it better.

# Don't hold in your pee

- ▶ What you resist ...will persist
- ▶ Find a safe/ effective way to vent, talk, share or express your 'feels' .... Because they WILL be felt.



# Learn you ABC's

- ▶ Prioritize & Delegate
- ▶ Make a list/ chart

**A** = Only I can do it, and I want to

**B** = Very important to me, but someone I trust can do it

**C** = It must be done, but really anyone can do it

**D** = if it gets done or not is ok!



# HALT!

- ▶ Don't make any major decisions, try new things, evaluate your life or judge yourself or others when you are:

- ▶ **HUNGRY**
- ▶ **ANGRY**
- ▶ **LONELY**
- ▶ **TIRED**



# Talk to Yourself





# Use Q-Tips



Q-TIP: QUIT  
TAKING IT  
PERSONALLY

# Shake it off



- ▶ Provides a physical release
- ▶ Uses up adrenaline
- ▶ Signals to the brain to regroup/ reevaluate
- ▶ "Resets" the sympathetic nervous system

Have a little fun with it.....dance

# Catch your breath!

- Increases circulation (particularly to the BRAIN)
- Releases “happy hormone” endorphins (the body’s natural pain killers)
- Forces a focus and slowing down of bodily processes like blood pressure
- Slows reaction time

The body naturally does this for us at times it feels stress.....

# Listen to Music

- ▶ Music accesses the emotional and memory parts of our brains
- ▶ It is a great way to lift your mood and feel great!
- ▶ Be careful of your intention: to feel good, pump it up! To RELAX, keep it slow and easy
- ▶ Your heart-rate will match the music



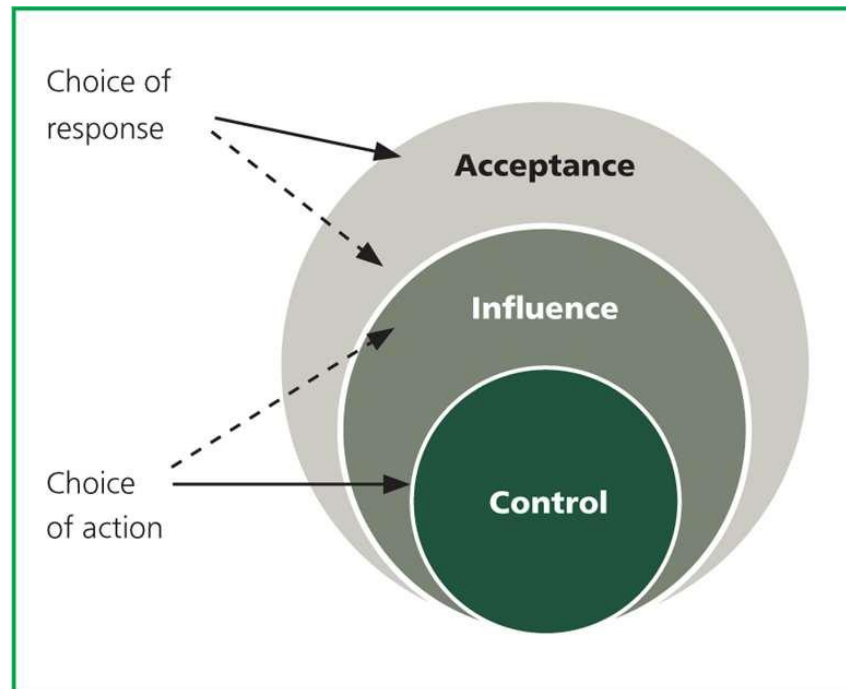
# Beware Sunday Nights...

- \*Watching Netflix peacefully\*
- \*Remembers responsibilities\*
- \*Watches Netflix stressfully\*

# Move in the right circles

Ask yourself: is this something I can...

- control
- influence
- accept



# Let people Help You

- ▶ Put aside perfection, pride and perceptions....When people ask what they can do, tell them
- ▶ Freezer food, baby-sitting, errands?
- ▶ Sometimes, it's easier to just give them something to do than so "no, no no, it's okay" all the time!
- ▶ **Helping makes people HAPPY....**





# What makes people Happy?

- ▶ Healthy & positive relationships
- ▶ Hopeful/ optimistic outlook
- ▶ Health
- ▶ Faith
- ▶ Gratitude
- ▶ **Service/ Charity**
- ▶ Meaning & Engagement
- ▶ Money (<\$75,000)
- ▶ Autonomy
- ▶ Pets
- ▶ Pleasure
- ▶ Accomplishment

Happiness is like a butterfly;  
the more you chase it,  
the more it will elude you,  
but if you turn your attention  
to other things, it will  
come and sit softly  
on your shoulder...

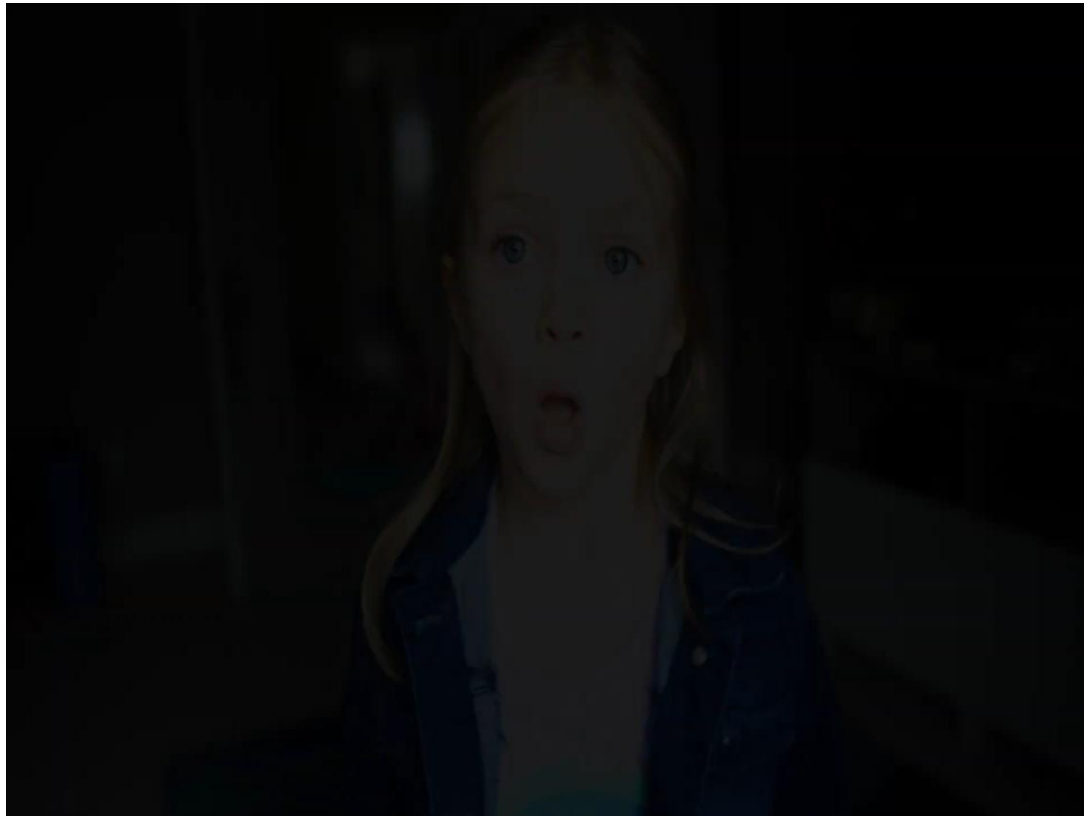
(Thoreau)

# Laugh & Cry

- ▶ Crying releases endorphins and helps to “free” emotions, anxiety and encourages deep breathing
- ▶ Laughter is the best medicine: it boosts immunity and reduces blood pressure!



# Kids telling jokes





Thank You

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