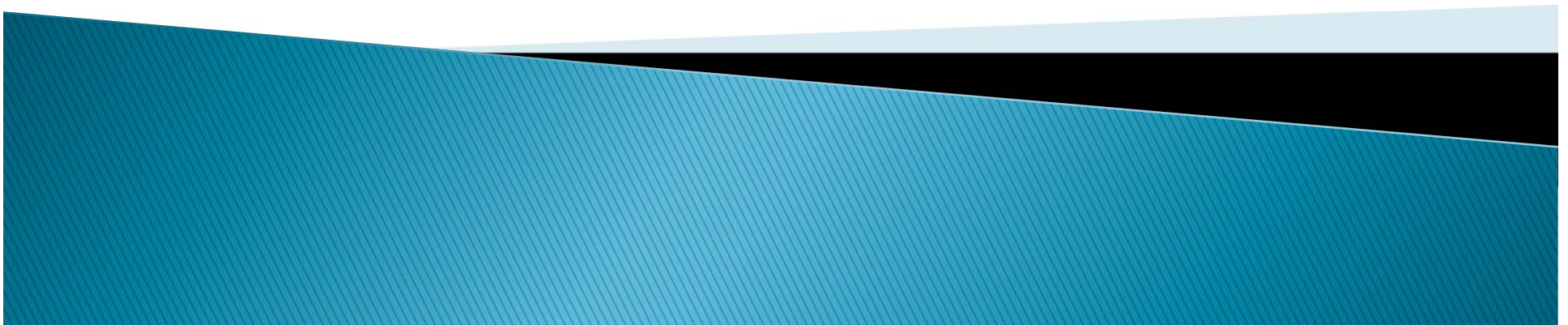


Managing Stress and Avoiding Burnout

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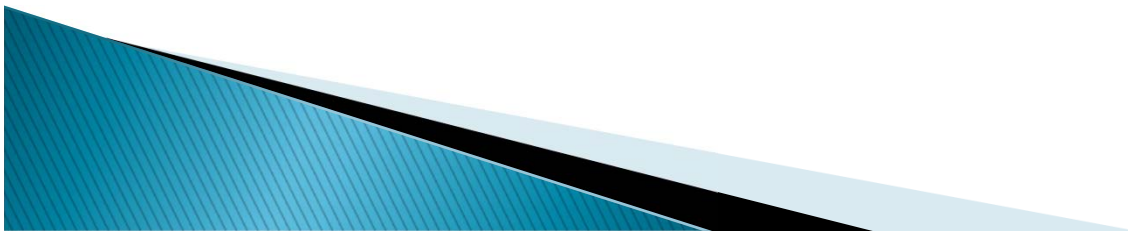


Stress

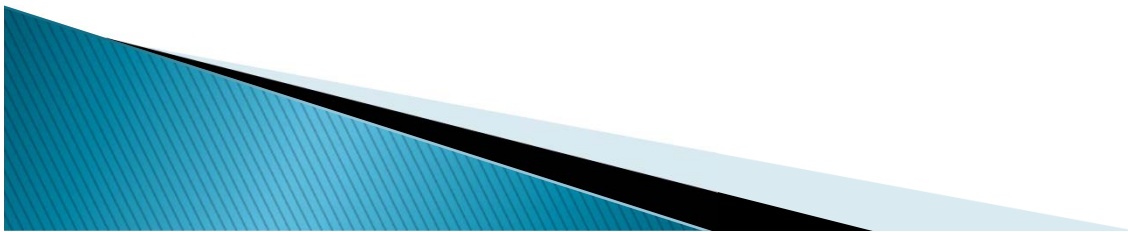
- ▶ Your body's physical and mental response to a demand (or stressor)
- ▶ Stressors can be both good and bad experiences



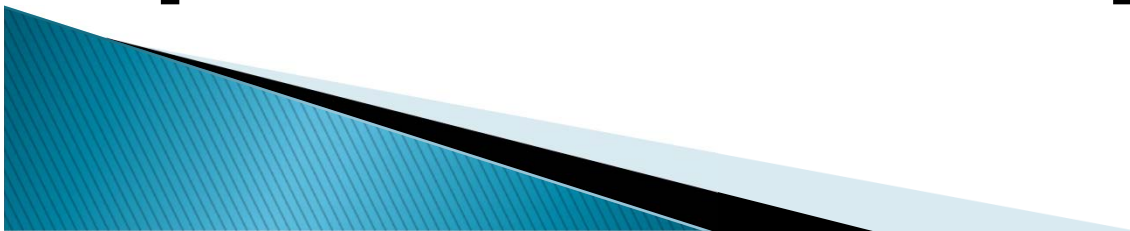
Stress is a normal
part of life



Everyone feels
stress from time
to time



What we find
stressful is
different from
person to person



Strategies to Manage Stress

- ▶ Exercise
- ▶ Set priorities
- ▶ Set aside perfectionism
- ▶ Say “No”
- ▶ Get organized
- ▶ Prayer/access spirituality



Strategies to Manage Stress

- ▶ Find a hobby
- ▶ Set aside time for yourself every day
- ▶ Share your feelings
- ▶ Breathe (4-7-8)
- ▶ Do one thing at a time



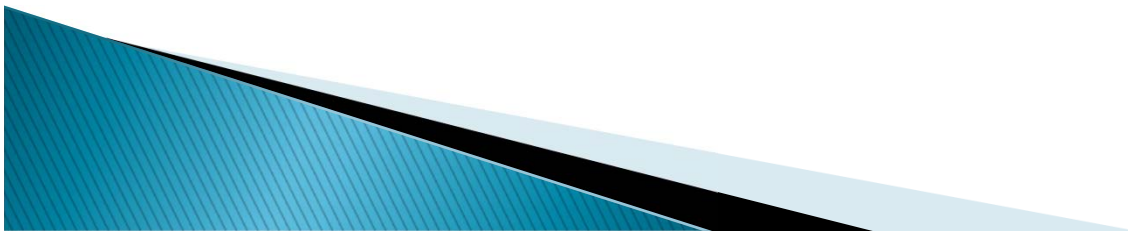
Strategies to Manage Stress

- ▶ Focus on the positive
- ▶ Laugh more
- ▶ Unplug
- ▶ Adopt a healthier lifestyle
- ▶ Ask for help



Burnout

- ▶ A state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress



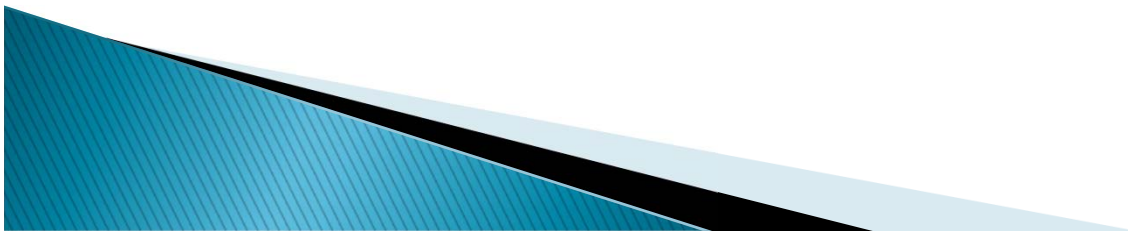
Strategies to Prevent and Avoid Burnout

- ▶ Use your vacation days
- ▶ Change up your environment
- ▶ Seek social support
- ▶ Cultivate healthier habits



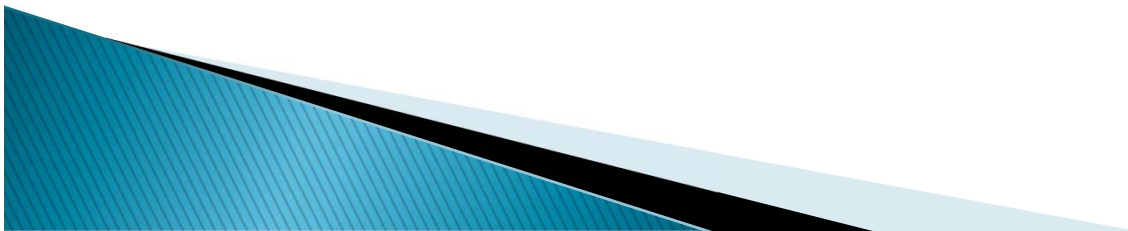
Strategies to Prevent and Avoid Burnout

- ▶ Strengthen your social ties at work
- ▶ Set boundaries
- ▶ Find balance in your life (look for meaning and satisfaction in other areas)



Strategies to Prevent and Avoid Burnout

- ▶ Avoid nicotine and caffeine; drink only minimally
- ▶ Take a daily break from technology
- ▶ Set aside relaxation time



Strategies to Prevent and Avoid Burnout

- ▶ Talk to your doctor or a therapist if needed
- ▶ Consider changing jobs if you are in a toxic work environment

