

Heal the healer. Reconizing and Preventing Burnout

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Overwhelm

When you feel overwhelmed what happens to your thoughts, your feelings and your body?

My definition of overwhelm.

Overwhelm is the foot bridge to Burnout.

Burnout

Burnout is physical, emotional, spiritual bankruptcy.

4 Stages of Burnout

Quiet our minds with breathing

Questions to ask yourself when you are overwhelmed or suspect burnout.

Needs

- Non-negotiable
- Wants
- 4 needs that build on each other
- Define your needs
- Meeting your needs is your best defense against overwhelm and burnout.

Other Tools for your tool box

- Am I here but not here?
- Am I on the Karpman Triangle?
- Connect to the need behind your thoughts and feelings.
- Can I meet my need now or do I need to schedule time later?
- Practice gratitude daily.
- Consider writing your resentments on paper.

Identify and release emotional and physical pain from the body

- Recovery from burnout.
- One obstacle to healing from overwhelm and burnout is the emotional and physical pain that gets trapped in our bodies.
- It's hard not to focus on the emotional and/or physical symptoms that are present during overwhelm and burnout rather than connecting and releasing what is stored in the body.
- Here are some meditative inquiry questions to consider asking yourself and your body.