

Beware of Burn-Out

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Have you ever felt like everywhere you turn new demands are being placed on you? Do people that you live with or work with constantly look to you for information or for answers? Does it sometimes cause you to feel exhausted and perhaps unappreciated, because the “thank you” or signs of appreciation are few and far between? Everyone enjoys some form of recognition for what we do. When our assistance is in high demand and we find that we are constantly giving to others without thinking of ourselves then we put ourselves at risk for burn-out. This risk increases when other areas of our life feel out of control and thus we shift into a status of being on “High Alert.”

As leaders, we have to be aware of how our stress impacts us emotionally, physically, and mentally. When we feel our stress level has increased to a point that we are on high alert then all of our frustrations pour out on those we love or anyone else who crosses our path. We snap instead of speak. We are quick to criticize, instead of compliment. Our negative stress is looking for a release and if we don't take control of finding an appropriate release then we are a walking time bomb. Most often we feel the tension physically and mentally, but convince ourselves we are handling it. While our co-workers or families are experiencing first-hand the tension we are releasing. This high level of negative stress can quickly filter into the lives of others. Instead of being a victim of burn-out then seek to extinguish the flames. Uncertainty de-energizes us while taking action is very powerful!

Remember that world issues, work issues, and personal issues impact all of us. So while most areas of your life may be going smoothly, issues that are impacting the world may be igniting a flame that could lead you to feeling burned-out. When people feel burn-out they can often react irrationally. Don't wait for the flames to ignite, extinguish them by making time to discuss stressful situations that are being encountered. Identify ways to extinguish the negative symptoms discussing proactive ways to improve relationships and to create a more positive atmosphere given the challenges being faced.

“In one minute I can change my mind and in that moment I can change my entire day.”
May your day be happy and stress free.

Need to distress for a moment? Try one of these fun exercises (When not operating mechanical equipment. Ha!) Peel a grape with your teeth.

Place a raisin in your mouth and feel the wrinkles.

Stretch your fingers out until it almost hurts then relax them.

Shut your eyes and for one minute visualizes yourself in a place you always wanted to go and relax.