

- . **5 Stages of burnout** - "Burnout is not an event, it is a process." Most people don't recognize the seriousness of their condition until they reach level 2 breakdown.

1. Early warning signs

- You sense that some of your expectations were unrealistic

- There's more to do than time to do it

- You work longer hours, give up exercise and save all relaxation for the weekend

- You still try new ways to solve problems

- You share your feelings with family and friends but they shrug off your concern

- Self-talk "Stay positive. This will get easier."

2. Disenchantment

- You know you're under a lot of stress, but so is everyone else...so you keep on going

- Your energy level is lower

- You have days of frustration, boredom, and confusion.

- Kids and husband and friends seem very demanding and insensitive to your needs.

- You are working harder to meet goals, with less satisfaction

- Self-confidence is shrinking

- You are irritable with spouse, kids, and friends

- You know you are stressed, but procrastinate stress management techniques

- Self-talk "Hang on until the weekend...I'll be able to sleep then."

3. Brownout

- You have stopped taking care of your needs for relaxation, adequate rest, and good nutrition

- You feel rushed, worried, impatient, indecisive

- You are very aware of your fatigue, lower energy and negative feelings about work

- Sleep is often disturbed, eating patterns change

- You occasionally binge to feel better – on food, alcohol, shopping, etc...

- Homeschooling seems to dominate your life

- Self-talk "I need a vacation, but there's too much work to do."

4. Burn-out

- You are often angry and cynical

- You feel detached and withdrawn from work

- You have frequent physical illnesses

- Your handwriting deteriorates

- You experience chronic fatigue, irritability and mood swings

You feel there is no support

You perceive everyone as too demanding

Self-talk "I wish everyone would just leave me alone."

5. Despair

Tremendous sense of failure, self-doubt

Very low self-esteem

A feeling of No Self – "Who am I?"

Loneliness

Self-criticism

You feel incompetent, helpless, trapped, discouraged

No satisfaction from work or life itself

Poor physical health

A feeling of "I can't cope."

Self-talk "I want to run away from everyone and everything."

**Healing**

a. Recognize stage of burn-out

b. Grieve your losses "burn out involves losses – gradual loss of idealism, satisfaction, feelings of hardiness, competence, and well being." (Admit there is a problem)

c. Recreate **balance** in your life