

BREAKUP WITH BURNOUT

Burnout Recovery Starter Set



by

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BURNOUT

**Burnout is experienced and defined differently by many.
Below are a few working definitions by respected experts in the
field.**

“Burnout is a psychological syndrome of emotional exhaustion,
depersonalization and reduced personal accomplishment”
(Maslach & Goldberg, 1998; 2003; Lubbadah, T. (2020)

“The chronic condition of perceived demands outweighing
perceived resources”
(Gentry & Baranowsky, 1998)
(Gentry & Dietz, 2020)

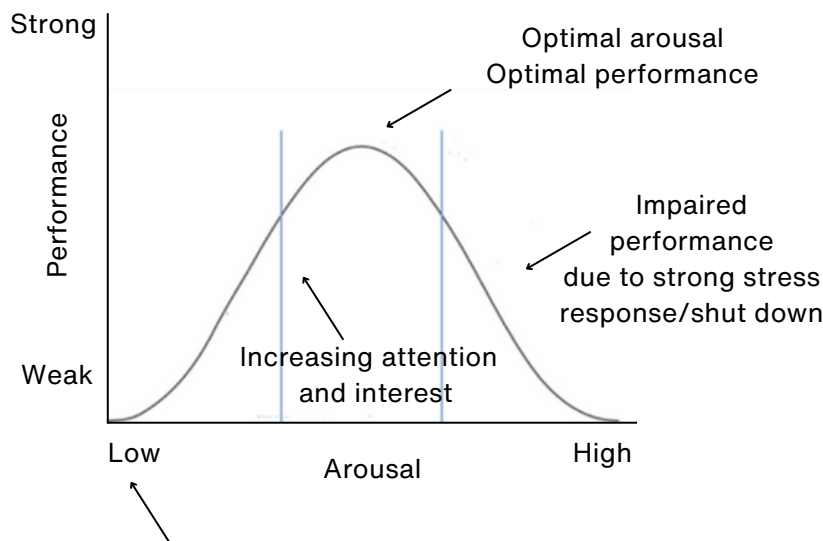


Journey Forward
SOMATIC THERAPY

Yerkes-Dodson Law of: Stress & Performance

Did you know that not all stress is bad? Psychological research shows that there is a certain level of stress that enhances performance. We can see this through the Yerkes-Dodson law on the graph below. It basically states that If arousal is too low, then there is not enough attention and motivation. If arousal is too high, performance is impaired due to high anxiety.

Arousal in the Yerkes - Dodson law has to do with a person's level of stress and motivation. High levels of arousal come with increased heartbeat, and anxiety. If someone has low arousal, then they are very relaxed and feel no pressure.



If arousal is too low, there is no motivation to complete a task to the best of your ability.

Optimal arousal occurs when you have enough motivation to do your best, but not so much that you are impaired by it.

When arousal is too high, you may experience a fight, flight, or freeze response, inhibiting performance.

When stress levels become excessively high, the body may enter a dorsal vagal state, leading to a significant decrease in performance due to a shutdown of bodily functions. This aligns with the idea that too much arousal can impair performance.

Discussion: Where do you typically stand in your stress performance? Do you notice any patterns in your relationship with stress and your workload?

5-Minute Somatic Reset for Professionals



PS. Keep your Eyes Open.
Stay Engaged. No need to step Away.

1 SOFTEN

HOW: Take several seconds to notice any tense muscles in your body. Now soften them like a wet noodle. Pro-tip, tense all your muscles at once and then release!

WHY: Humans are the only mammals that have tight muscles when we are not in danger. Soft muscles tell our brain we are safe.

2 BREATHE

HOW: Put your hands behind your head, interlace your fingers as you let your head rest in your hands, now breathe in your nose and out through your mouth.

WHY: When we perceive threat we develop rapid shallow breathing interlacing our hands behind her head opens the diaphragm allowing us to breathe deeply and triggering cues of safety

3 UN-FOCUS

HOW: Focus on a still object in front of you for several seconds. Then allow your eyes to slowly drift to your peripheral view. Try to reach 180°, return to the point.

WHY: What happens to our eyes when we perceive threat is tunnel vision expanding our vision outward takes us out of a threat response and cues safety.

4 TENSE & RELEASE

HOW: Imagine a line connecting your Hip bones to your Sit bones, now soften this entire area, as if expanding the lines. Pro-tip Tense/ Squeeze and then release.

WHY: This is the only activity you can do which immediately triggers a safety cue throughout your entire body and brain

5 JAW DROP

HOW: Shift your focus to the muscles inside your mouth. Now soften your tongue and drop your jaw. Pro-tip, tense your mouth as if holding a ball, now soften it!

WHY: A tense jaw, tongue, or grinding of the teeth occurs when we are in a stress response, a soft tongue and dropping our jaw muscles tell our brain we are safe.



Journey Forward
SOMATIC THERAPY

Assessment of Body Budget

To function optimally at home and work your body needs to have certain needs met. Think about it like a bank account. You need to make regular deposits so that you function well. If you are only making withdrawals, you are going to end up with an overdraft. This means you are going to find it harder to function physically, emotionally and relationally. Use the blank sheet to assess your own body budget.



Examples

Deposits

Withdrawals

1 diet

To think we need to use our brains-which requires good nutrition to function well. Hydration is also required for brain and body functioning. good digestive health

healthy meals

Drinking lots of fluids

Fresh fruit & veggies

skipping meals

only drinking
caffeinated drinks

too strict diet

2 sleep

We need between 7-9hrs of sleep so that we can process learning and memory and manage our brain systems. When we're deficient in sleep there we experience deficits in cognitive and emotional functioning.

regular bed times

enough sleep

feel energized after sleep

oversleeping

insomnia

wake up tired

3 exercise

Exercise plays an important part in improving and maintaining mindful cognitive functioning and psychological wellbeing.

regular exercise

movement exercising

outdoors

sitting all day

draining workout

excessive screens

4 connection

When we're with someone we care about our breathing and heartbeats can synchronize-we influence each other's physiological states, known as co-regulation. As social beings, we make deposits and withdrawals into other people's body budgets depending on our interactions with them.

time with people who
make me feel safe

nourishing interactions

co-regulating experiences

relational conflict

challenging people

dis-regulating

Techniques To Modify Thoughts



Cognitive distortions are irrational thoughts that shape how you see the world and how you act especially in the workplace! It's normal to have these thoughts or feelings, but they can be harmful when frequent or extreme. *Once we identify our pattern of distortions, we begin to modify our thoughts.* Below is a list of commonly seen cognitive distortions.

- ▶ **Magnification and minimization:** Exaggerating or minimizing the importance of events. You might believe your own achievements are unimportant or that your mistakes are excessively important.
- ▶ **Catastrophizing:** Seeing only the worst possible outcomes of a situation.
- ▶ **Overgeneralization:** Making broad interpretations from a single or few events. "I felt awkward during my job interview. I am always so awkward."
- ▶ **Magical thinking:** The belief that thoughts, actions, or emotions influence unrelated situations. "If I hadn't hoped something bad would happen to him, he wouldn't have gotten into an accident."
- ▶ **Personalization:** The belief that you are responsible for events outside of your control. "My mom is always upset. She would be fine if I did more to help her."
- ▶ **Jumping to conclusions:** Interpreting the meaning of a situation with little or no evidence.
- ▶ **Mind reading:** Interpreting the thoughts and beliefs of others without adequate evidence. "She wouldn't go on a date with me. She probably thinks I'm ugly."
- ▶ **Fortune telling:** The expectation that a situation will turn out badly without adequate evidence.
- ▶ **Emotional reasoning:** The assumption that emotions reflect the way things really are. "I feel like a bad friend, therefore I must be a bad friend."
- ▶ **Disqualifying the positive:** Recognizing only the negative aspects of a situation while ignoring the positive. You might receive many compliments on an evaluation, but focus on the single piece of negative feedback.
- ▶ **"Should" statements:** The belief that things should be a certain way. "I should always be perfect."
- ▶ **All-or-nothing thinking:** Thinking in absolutes such as "always," "never," or "every." "I never do a good enough job on anything."

What are some cognitive distortions you notice in your internal narrative at work?

How do these distortions influence your mood and behavior with clients?

What are situations where you could anticipate automatic thoughts and begin to challenge them?

Defusion techniques



Thoughts have a way of consuming our attention, especially if they are upsetting. When this happens, you may feel stuck inside a thought, unable to focus on anything else. You become fused with thoughts. **Defusion techniques** help you break free from this trap. These techniques help you shifting attention from the content of thoughts to the process of thinking, loosening the hold!

Defusion Techniques	
Put Your Thoughts on Clouds	Use a Silly Voice
Imagine placing your thoughts on clouds high in the sky. Watch the clouds slowly drift away. Remind yourself that thoughts- just like clouds- have no actual substance as they come and go.	Write down your upsetting thought, then read it out loud 10 times in a silly voice. Try impersonating a cartoon character or a favorite actor. The more ridiculous, the better!
File Your Thoughts Away	Name the Story
Visualize folders with labels for types of thinking, such as <i>predicting</i> , <i>regretting</i> , <i>comparing</i> , <i>doubting</i> , and so on. Bring attention to your thoughts and file them into the corresponding folders.	Think of repetitive thoughts as familiar stories. Pay attention to how often they recur. You might spot the <i>I'm-a-failure</i> story, the <i>no-one-likes-me</i> story, or the <i>my-life-is-horrible</i> story. You get the idea!
Click the "X" Button	Screen Your Thoughts
Can crowd your mind like dozens of browser windows on your computer. Imagine closing the windows by clicking the "X" on each of them. Watch as thoughts disappear, one by one!	Imagine your thoughts projected onto a large movie screen. Sit in the back row and watch the scenes unfold. Can you just observe the movie without getting lost in it?
Say "I'm Having the Thought That..."	Zoom Out
When you have an upsetting thought, put the phrase "I'm having the thought that..." in front of it. This creates distance between you and the thought, loosening its grip on you.	When you're fused with a thought, picture yourself rising above the earth. Notice how tiny your worries look from space. Does your triggering thoughts feel as significant from this distance?

Defusing from our thoughts: Try using this log to identify thoughts that you tend to fuse with, and practice using one of the defusion techniques mentioned above. Document your internal process.

Thought:	Defusion:	What did you do?
E.g. I'm a failure	E.g. I am having the thoughts that "I am a failure".	E.g. I had the thought but could still finish my work

A Quick Guide To BURNOUT RECOVERY



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