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@haveyoutriedtalking

Bouncing Back
After Burnout



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You are alive – you made it!

You are a human being - not a machine

You experience emotions (and stress)

You have finite resources

You need looking after.

KEEP
CALM
AND
STAY
GROUNDED



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About me.

Managing expectations.

What is burnout?



1. ***Emotional exhaustion*** – the fatigue that comes from caring too much, for too long;
2. ***Depersonalisation*** – the depletion of empathy, caring and compassion; and
3. ***Decreased sense of accomplishment*** – an unconquering sense of futility; feeling that nothing you do makes any difference.

Why do we burnout?

We forget that we are human beings



We feel.

Our bodies keep the score.

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How do we bounce back?

We don't. We *recover*.

Recovery

noun

“The regaining of something lost or taken away”

Our bodies *want* us to return to wellness.

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Key terms



Stressor - something that *causes* stress (threats)

Stress - the body's *response* to stressors (threats)

Stress container - an individual's *capacity* for stress

Emotion - a neurochemical chain reaction in the body that starts in the brain and has a beginning, middle *and end**

*If we allow it to

Our bodies have a predictable response to threats

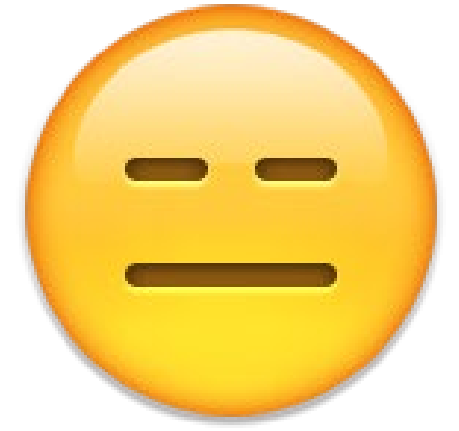


“Emotions are like tunnels. If you go all the way through them, you get to the light at the end. Exhaustion happens when we get *stuck* in an emotion.”

Emily & Amelia Nagoski



How do we get stuck?



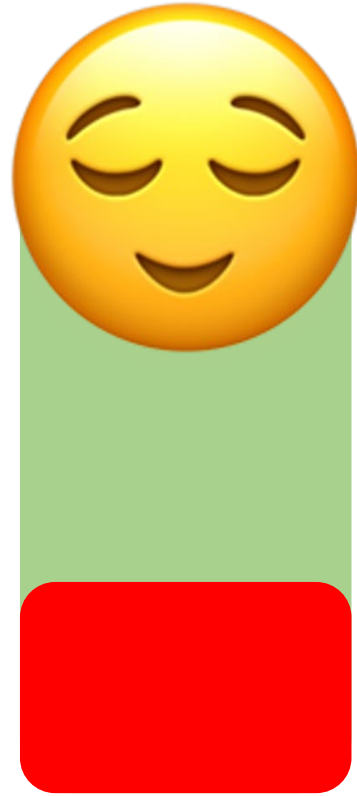
Environment – Continually experiencing an emotion

Relationships – Not feeling safe to express emotion

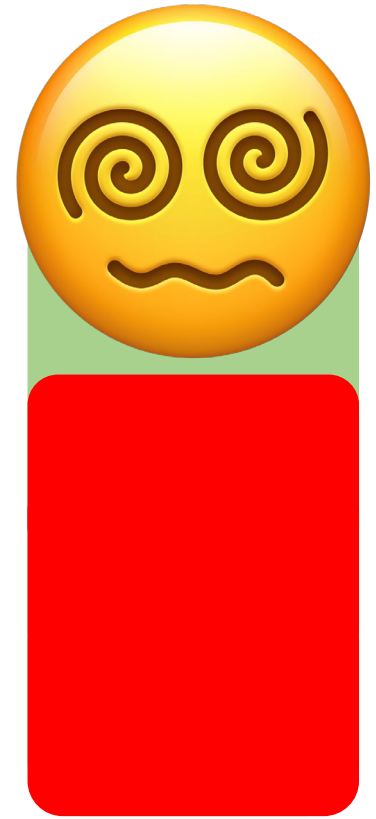
Conditioning – e.g. social 'norms'

Experience – Not knowing *how* to release emotion.

The importance of releasing stress



Stress released



Stress accumulated

You can remove the *stressors*,
but that *doesn't* automatically
deal with the *stress*.

You *still* have to complete the
stress *cycle*.

You still have to *go through* the
tunnel.



What can you do to release stress?

**Any activity that informs your body
that the threat has passed.**

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A word on alcohol



Be creative with strategies.

You cannot *think* your way out of stress, you must **do** something.

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Things to remember

- Stress is a part of life
- Our bodies behave predictably in response to stress
- Releasing stress is a life saving strategy
- It is possible to have a life without burnout
- Do your research on the stress cycle.

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Take care of yourself. You matter.



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