

# Burned Out to Burning Brightly

## Introductions

- In groups of two or three, share:
  - Your name
  - Your organization
  - Why you decided to attend a workshop on burnout

An illustration of four stylized owls and a small mouse. One owl on the left wears glasses. The mouse is in the center, holding a pink string.

## Learning Objectives

- Connect with other people who struggle with burnout
- Complete a burnout self-reflection
- Check in with our “burnout indicators”
- Learn about the “Four Pillars of Wellness” (and strategies for keeping them alive)
- Choose ONE strategy to start right now

## Burnout

- Let’s define it!
- How do we see it in the nonprofit sector?
- How do we see its effects at work and at home?

An illustration of a single owl with a distressed expression, its eyes are spirals. It is holding a smartphone in its right talon, with signal waves emanating from it.

## Reflection

- Turn to your worksheet titled “Burnout Reflection.”
- Become an “Objective Observer”: Fill out your worksheet without self-judgment.
- What did you notice?



## Let’s Check Our Current Burnout Indicators!

**MINE: Yesterday Morning at 7 a.m.**

I was working \_\_\_\_\_

My body was exhausted \_\_\_\_\_

My phone was buried under some papers \_\_\_\_\_

I felt overwhelmed \_\_\_\_\_

I wished I had finished all of my work \_\_\_\_\_

## Your Turn!

**Yesterday Morning at 7 a.m.**

I was \_\_\_\_\_

My body was \_\_\_\_\_

My phone was \_\_\_\_\_

I felt \_\_\_\_\_

I wished \_\_\_\_\_

## How Can We “Burn Brightly”

- How we spend our time influences our wellness.
- The four “Pillars of Wellness” support us, BUT...
- It isn’t “one-and-done”
  - Consistency
  - Reflection
  - Accumulation



## The Four Pillars of Wellness

- Sleep
- Eating
- Movement
- Practices (play and rest)



## Sleep

Sleep is the foundation upon which our waking life rests.



## Sleep Strategies

- Amber glasses, low lights
- Dark, cool room
- Bedtime routine
- Phone jail
- “The time is none of your business”
- The bottom line? GO TO BED.



## Eating

Our nutritional practices nourish us or deplete us.



## Eating Strategies

“Rest & Digest”: When you are eating, eat.

- Leave your desk
- Sit down
- Put your food on a plate
- Chew, taste, and enjoy your food



## Movement

Sitting is the new smoking (and we can't make up for it in an hour at the gym).



## Movement Strategies

- Be a [what you do] who MOVES.
- Change positions (stand, sit, floor, squat)
- Walk as much **as possible** each day
- Do not “make it up” at the gym



## Practices

Playful and restful practices energize and restore us.



## Practices: Play/Rest

- Meditation
- Knitting
- Float Tank
- Reading
- Running
- Sportsing
- Playing
- Dancing
- Coloring
- Family time
- What's your way?



## Getting Started: Three Principles

- Pick One
- Minimum effective dose
- Then add!



What ONE  
commitment will you  
make?

Thank you!

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