

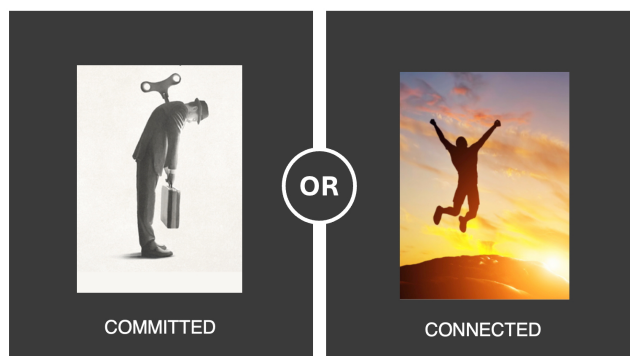


Dr Pete Stebbins PhD

WELLBEING QUICKSTART (4 Pages)

What Lights You Up?

**Committed
vs.
Connected**



'You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you.'

Alexander Den Heijer

An Antidote To Burnout

Burnout can be described clinically as a mix of anxiety, depression and stress symptoms. Burnout can also be described as: *'Being under-connected and over-committed'* (Thanks to Cory Muscara for this great concept!).

As my clinical practice has evolved over the years I find the recovery conversations I have with my patients have moved beyond basic symptom management to focus more on how to address their over-commitment and under-connection in life.

When we're COMMITTED but not CONNECTED with what we're doing we feel exhausted and frustrated. When we're CONNECTED to what we're doing we feel energised and fulfilled. Living a CONNECTED life is both an antidote to Burnout as well as the foundation for a more meaningful and joyful existence.

What Lights You Up?

Living a more CONNECTED life begins by knowing '*What Lights You Up*' across the 4 domains of your life (work, play/leisure, relationship, family & friends). This may seem quite straightforward for people who are not experiencing the symptoms of burnout, however for people in the midst of burnout this can be a very tricky task for several reasons:

1. Symptoms of emotional exhaustion and loss of interest in previously enjoyable activities make it harder for people to accurately assess the extent to which they 'enjoy' activity either previously or currently. Sometimes I ask patients if they could *imagine* themselves enjoying a specific activity as a way to gauge the possibility that this may 'light them up'.
2. Overworking into burnout can poison our view of all work activities when in actual fact many things we may do in our jobs have 'lit us up' previously or could do so again if we lowered the amount and/or intensity of these activities.
3. Life-stage biases such as parenting young children or establishing a family home reduce the amount of time to focus on other domains of life such as enhancing our relationship, engaging in play or leisure activities or spending time with family and friends. Thus we may need to consider previous life stages or use our imagination as part of determining 'what lights us up' in these domains.

A Quick Quiz: What Lights You Up?

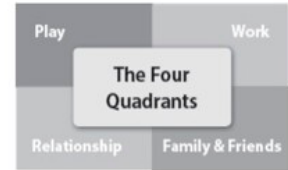
I find that doing a quick quiz is a great way to kickstart a 'What Lights You Up' brainstorming session. On the next page you can see the one I use which many people find quite helpful (especially in areas of their life where they can't think of anything that lights them up at the moment).

As you fill out the quiz remember to tick everything that is either a 'yes' or could be a 'maybe' to open up your mind to a wider range of possible activities you may feel a 'connection to'.



What Lights You Up?

*When you're committed but not connected life feels exhausting.
When you're connected life feels energising. A connected life
begins by knowing 'What Lights You Up'.*



INSTRUCTIONS: Consider your first reaction to each item. Does it light you up? Tick all the 'yes' or 'maybe' items.

Work

1. Solving complex problems
2. Completing a task from start to finish
3. Helping customers/ clients/ students
4. Teamwork & collaboration
5. Travelling to new places
6. Unexpected challenges & opportunities
7. Familiar routines and predictability
8. Perfecting your skills
9. Training and teaching others
10. Design & creative tasks
11. Administrative & detailed work
12. Physical & active work
13. Communicating ideas and solutions
14. Working under pressure - urgent tasks
15. Working independently at my own pace
16. Fixing / repairing things
17. Building new things
18. Networking & building relationships
19. Research and learning new things
20. Other _____

Doing More of what 'Lights Me Up' at Work: _____

Play/ Leisure

1. Nature based outdoor activities
2. Water sports
3. Travel
4. Camping
5. Arts & crafts
6. Individual sports
7. Team sports
8. Creative writing
9. Reading fiction/ non-fiction
10. Movies, theatre & entertainment
11. Restaurants, cafes & shops
12. Hobbies & collectables
13. Strategy/ fantasy games, role plays
14. Social media
15. Pilates / yoga / meditation / gym
16. Live music / theatre
17. Playing an instrument
18. Cooking / baking
19. Short courses & learning
20. Other _____

Doing More of 'What Lights Me Up' in Play/ Leisure: _____

Family & Friends

1. Celebrating milestones & achievements
2. Family/ friends dinners
3. Games nights
4. Travelling together - short trips
5. Travelling together - long trips
6. Phone/ video calls - regularly
7. Phone/ video calls - occasionally
8. Catching up individually
9. Catching up in a group
10. Completing hobbies together
11. Watching kids/ adults in sports / activities
12. Going to events/ festivals together
13. Outdoor activities and exercise together
14. Other _____

Doing More of 'What Lights Me Up' with Family & Friends: _____

Relationship

1. Spending quality time together
2. Words of affirmation
3. Physical intimacy
4. Travel/ holidays together
5. Doing new experiences together
6. Having shared goals
7. Exercising together
8. Doing daily routines together
9. Giving gifts
10. Going out to cafes or restaurants
11. Reading the same book together
12. Watching movies / series together
13. Going out to movies, events, shows etc
14. Other _____

Doing More of 'What Lights Me Up' in my Relationship: _____

Connected Living: Doing More of What Lights You Up

The last question in each section is where taking practical action begins. Before you do this it is a great idea to share and explain all your ticked items to a friend or mentor and justify your reasons for each one (or simply talk this step 'out loud' to yourself if doing this by yourself).

The process of unpacking each section moves your brain towards action so that by the time you are filling out the 'Doing More...' section you have put your brain in the optimum position for some good, clear, practical thinking. I encourage people to identify 'quick wins' or 'tiny tweaks' they could implement in each area of their life as well as any bigger ideas and goals. As they begin to implement these ideas they naturally begin to feel more CONNECTED to that specific aspect of their lives and in turn feel more energised.

Taking It Further: Developing Your Life Strategy

I also encourage many of the leaders I work with (and anyone interested in maximising their sense of joy and fulfilment in life) to use their post recovery momentum to build a comprehensive Life Strategy. The Life Strategy Framework and planning tool is a great resource to get you started in this process and the ebook and free tool is available to everyone on my website DrPeteStebbins.com or at HPTschools.com.

Bringing It All Together

Burnout occurs when we live in a state of *under-connection and over-commitment*. Trying to address or lower commitments people have (in many cases) may not be a useful or realistic short-term goal amidst all the burdens of their lives. However treatment can also focus on increasing 'connection' with life amidst the struggles.

As the quote from Alexander Den Heijer says: '*You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you.*' It is my hope for you that whatever challenges you may be facing in life you may also be able to pause, reflect and re-connect with *what lights you up!*

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