

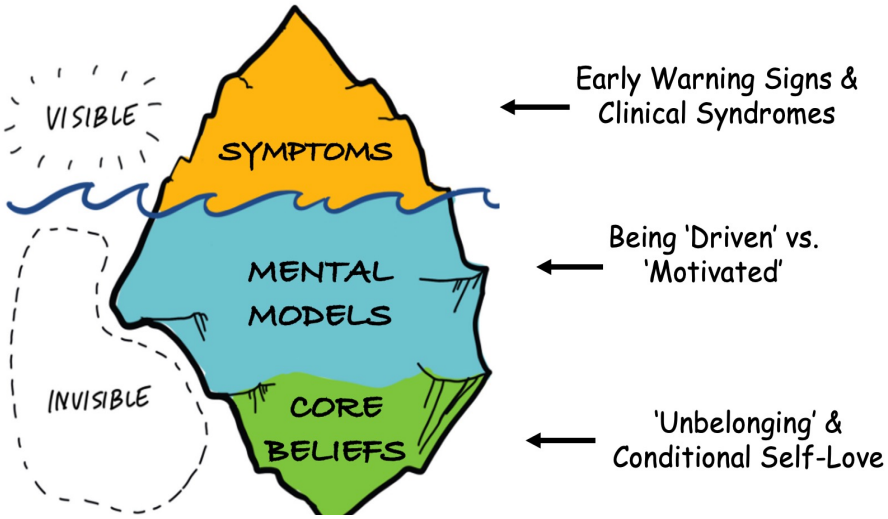
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WELLBEING QUICKSTART

Burnout

The Iceberg Model

People suffering from Burnout often have a hard time fully understanding what is happening to them, why this is the case and how gain confidence in taking positive steps to recover when it can feel like two steps forwards and one step backwards. I find the 'Iceberg' metaphor for Burnout is really useful in this regard.



SYMPTOMS - What It's About

Early Warning Signs: Repeated reactivity (getting upset about things that were previously tolerable) and patterns of avoidance (a strong desire to no longer want to do something you used to be able to do with minimal discomfort) are early warning signs that you may be on the road to burnout.

Symptoms of burnout could be indicative of three different types of psychological conditions. Symptoms such as low energy, fatigue, irritability, poor attention and concentration, and sleep disturbance are all common to depression, anxiety and stress. Thus, it is possible to have one or more of these conditions at the same time making it important to seek psychological help to clarify your specific condition and best treatment options.

MENTAL MODELS - What It's About

Driven vs Motivated.

Driven: At the expense of my energy and other priorities – popularised through Extreme Ownership – leads us to feel over committed to some aspects of our lives and under connected to other aspects.

Motivated: Within the limits of my available energy and in consideration of my other priorities (compatible with most spiritual teachings and healthy lifestyle philosophies).

CORE BELIEFS- What It's About

Unbelonging: I am not acceptable (to myself or others) as I am and need to 'suppress my emotions' and suppress any needs or interests that may be devalued by others so I can belong. Caused by T or 't' traumas that begin in early childhood – emotional neglect, achievement orientated criticism, and guilt/shame. These create a need to be liked 'at any cost' (driven to self-less abandonment) or achieve self worth by being 'special' at something (driven to achieve more than others).

SYMPTOMS – What You Can Do!

We all have a degree of these symptoms as part of our 'normal functioning' so the key test here is the extent to which it impairs or interferes with your ability to function vs simply being at 'normal' levels of such a symptoms.

'Making Friends with Your Stress' is a great technique to detect if your symptoms are part of a bigger burnout issue of simply part of a 'bad day'. When unsure, always seek psychological help as a precaution.

MENTAL MODELS - What You Can Do!

Over-commitment: The Zen practice of Surrender is a great strategy to 'accept' everything in the present moment instead of 'resisting' it or 'grasping' at some ideal state.

Under-connected: Analysing the activities and micro-aspects of 'what lights you up' can help you find connection and joy amidst the difficulties of life.

CORE BELIEFS What You Can Do!

When the core beliefs of Unbelonging are present we are not able to unconditionally love ourselves and carry a much higher baseline level of stress. Expert therapy support is recommended to restore a state of Unconditional Self Love using approaches such as CBT, CFT, and Inner Child Work.