

BURNOUT

What is it?

A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place. Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

source: <http://bit.ly/2PQUlxq>

What are the symptoms?

Burnout is a process that happens over time and the signs and symptoms can compound if left unchecked. Practicing self-care can help you feel fulfilled instead of running on empty and attending to the signs when they are present will help prevent burnout. Symptoms can show up in a number of places of your life like physical, emotional, and behavioral areas. For a more complete list of signs and symptoms follow the source link above.

SIGNS & SYMPTOMS

tired & drained most of the time | loss of motivation | detachment
 decreased satisfaction | sense of failure | procrastinating



TFP YouTube CF Playlist
<https://bit.ly/2J93InE>

Self Compassion Exercises
<http://bit.ly/2ONH0Ep>

STARFISH WELLNESS: FEEL GOOD. DO GOOD.
 UPCOMING EMPLOYEE WELLNESS CAMPIAGN

THE MELTING POT CAMPAIGN

January 6th - 17th, submit 1 dinner recipe.
 January 27th - February 29th, try as many recipes
 March 2nd - 10th, vote for your favorites
 March 17th, category winners announced at potluck
 Every shared recipe will be curated into an employee cookbook, accessible online through a provided link. Start thinking about which dinner recipe you want to share!

Voting Categories

TASTE BUD EXPLOSION | FORK SCRAPER | TOO TIRED TO THINK
 SPICE, SPICE BABY | A REPEATER | THE RING



“IMPERFECTIONS ARE NOT INADEQUACIES; THEY ARE REMINDERS THAT WE’RE ALL IN THIS TOGETHER.”

BRENÉ BROWN

Are you planning to make goals for the New Year?

Making New Year resolutions are great and fun but sometimes they can be hard to stick to, ya know? This year try thinking about those same goals as a lifestyle change and also give your goals some weight by using the SMART goal technique. Specific, Measureable, Attainable, Realistic, and Timely.



Consider adding these ideas to your new year planning...

ONE WORD this is the idea of choosing one word that will be the focus of your year. Choose a word that will be meaningful to you Examples: *consistent, grace, love, kindness, routine, plan, intention, slow, accept, etc.*

QUOTE this is the idea of choosing a quote that will be the focus of your year. Choose something that will be meaningful to you. Example: *you are loved, you matter, you are needed. No matter what, you are loved.*