Therapy For Real Life Workplace Workshops

BURNOUT PREVENTION HACK-A-THON:

Self-Care Strategies for Busy Professionals

TODAY'S OBJECTIVES:

- Understand stress vs. burnout and mental health implications at work.
- Practice research-backed mood hacks and coping skills as a team.
- Personalize your Self-Care Strategic Plan.

MINDFUL MOMENT (What Matters?)	
DEFINE: (Personalize these terms.)	_
STRESS:	
BURNOUT:	
What does the opposite of job burnout look like for you? _	

The 4 Solution Analysis for Burnout

(Drawn and adapted from Dialectical Behavior Therapy)

THERE ARE FOUR SOLUTIONS TO ANY PROBLEM.

SOLUTION #1: Change the situation or solve the problem.

- Solve the problem by mobilizing available resources, ideas, and willingness to change.
- Leave a stressful situation either temporarily or permanently.

SOLUTION #2: Change your feelings about the situation.

- Turn the negative into a positive.
- "See the bright side." OR "Turn lemons into lemonade."

SOLUTION #3: Radically accept the situation as it is.

- Don't change a thing.
- Accept the situation "as-is."

SOLUTION #4: Stay miserable.

- That's it. Just stay miserable.
- Because that's an option too.

WHICH OPTION WILL YOU CHOOSE?

TherapyForRealLife.com

Self-Care Strategic Plan

${\bf The rapy For Real Life.com}$ **Change Solutions: Motivating Mindset: Practicing Acceptance:** Signs of Staying Miserable:

Self-Care In A Bottle

Pick a SMART Self-Care GOAL

(Specific - Measurable - Achievable - Realistic - Timely)

Name one NEW self-care strategy you plan to try on the job by the end of this week:

Name a self-care habit that you would like to turn into a regular routine over the next 30 days:

How will you remember to complete these goals?

What obstacles will you have to overcome to accomplish these goals?

How will you celebrate success with this goal?

Therapy For Real Life

Adams Point, Oakland | Financial District, SF | Video Therapy

Anna Lindberg Cedar, MPA, LCSW

Phone: 510-606-5356

Email: therapy@annacedar.com

TherapyForRealLife.com:

Therapy Resources | The Burnout Prevention Starter Kit | Self-Care Listacles