

# Burnout Prevention Hack-A-Thon

## Self-Care Strategies for a Full Life

### Today's Objectives:

- Understand **stress vs. burnout** and their mental health implications.
- Practice research-backed mood hacks and **coping skills in community**.
- Personalize a **Self-Care Strategic Plan** to continue your practice.

### Mindful Moment (What matters most?)

... ..

### Define: (Personalize these terms.)

**Stress:** ...

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**Burnout:** ...

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**Visualization:** Imagine an experience of the ***opposite of burnout***.

...  
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# The 4 Solution Analysis for Burnout

(Drawn and adapted from Dialectical Behavior Therapy for self-care use)

**There are four solutions to any problem.**

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## **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 *perspective* on the situation.**

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

## **SOLUTION #3: Radically accept the *reality* of the situation.**

- 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?**

# Self-Care Strategic Plan

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## Change Solutions:

- Change strategies that work for me...
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## Motivating Mindset:

- Ways to encourage myself...
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## Practicing Acceptance:

- How can I embody reality acceptance...?
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## Signs of Staying Miserable:

- What are signs that I am getting stuck...?
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# Self-Care In Action

## Choose a **SMART Self-Care GOAL**

( Specific – Measurable – Achievable – Realistic – Timely)

Name one **NEW self-care strategy** you plan to try this week:

...

How will you turn one self-care habit into **a regular routine** over the next 30 days:

...

How will you **remember** to complete your goals?

...

What **obstacles** will you have to overcome to accomplish these goals? How will you do this?

...

How will you **celebrate success** with this goal?

...

Self-Care



Resources

## WorkshopsForRealLife.com

Therapy + Self-Care Resources | Self-Care Events | Therapy For Real Life Podcast