

BEATING

BURN-OUT!



Presented by:

Tracy Hinton, M. Ed

[580-747-6396](tel:580-747-6396)

tracy.hinton@gmail.com

Resources

Finding Your Smile Again and Keeping your Smile by Jeff A. Johnson

48 Days to the Work You Love by Dan Miller

Who are you becoming? By Jonathan Fanning

www.explorationsearlylearning.com (Jeff A. Johnson's website)

<https://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>

www.webmd.com has a lot of articles about relaxation, stress, and other health issues.

www.innerhealthstudios.com (coping skills and relaxation resources)

Meditation handout (longer and more detailed than the one I handed out:

http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/module_meditation_patient.pdf

What is burn-out?

Burnout is a “loss of enthusiasm, a surrendering of ambition, a sense of resignation that consumes the spirit and can even lead to physical ailments. Burnout is a stressful process accompanied by declining performance, people problems, feelings of meaninglessness, negative emotions, frequent illness, and a propensity to engage in substance abuse”-Beverly Porter

1. What does burn-out look like for you? Spend a few minutes pondering what burn-out looks like. Do you have any of the signs?
2. What are your blessings? Write them down!
3. What do you think would be some effective ways to deal with stress? Make some notes.
4. Think about it for a moment. Are you letting burnout or just life stress take away the joy of your sacred interactions with children?
5. What will you do the next time you are caught up in a stressful situation with the children? How will you control your stress? You must have a plan!

MEDITATION

Research has shown meditation to be a very effective way to reduce stress and promote recovery from illness. There are four kinds of meditation:

- Concentration-based meditation involves focusing your mind on a particular word, phrase, or image.
- Mindfulness meditation requires you to pay attention to a particular aspect of your experience, such as your breathing.
- Insight-oriented meditation invites you to ponder philosophical questions that are relevant to the way you live your life.
- Guided meditation, also called visualization or guided imagery, involves following a specific script or set of instructions, like imagining yourself going for a walk on a beach.

Concentration-based meditation is one of the first kinds of meditation to try because it helps train you to focus your mind and ignore distracting thoughts. It also is something that you can do independently without a guide or leader. Concentration-based meditation has four parts:

1. Quiet environment
2. Relaxed and comfortable posture
3. Anchor word, phrase, or image (You need to select a word, phrase, or image that you will keep in your mind during the meditation. You may choose a word like “Relax” or “Peace,” or you may select a phrase, such as part of a prayer. Alternatively, you might choose an image, such as visualizing a soothing color. Regardless of what you select, you will use it to anchor your mind during the meditation by repeating the word or phrase silently in your mind or focusing on the anchor image. In choosing an anchor, the only requirement is that it should be emotionally neutral for you. So, for example, you would not pick a word like “Exam” or “Death.”)

4. Passive attitude towards distracting thoughts (During the meditation, your mind will wander away from your anchor. You will find yourself being distracted by other thoughts. When this happens, simply think “Oh, well” and return to your anchor word, phrase, or image. Do not judge or criticize yourself for being distracted. Simply redirect your attention to your original anchor.)

CONCENTRATION-BASED MEDITATION GUIDE

1. Select an appropriate anchor word, phrase, or image.
2. Sit quietly in a comfortable position.
3. Close your eyes.
4. Take three deep, relaxing breaths. As you inhale, feel your stomach and your rib cage expand. When you exhale, feel yourself relaxing into your posture and connecting to the floor, ground, and earth beneath you.
5. Gently bring your anchor word, phrase, or image to mind. Silently repeat your anchor word or phrase. If you are using an image, focus on the color or scene.
6. Maintain a passive, nonjudgmental attitude towards distracting thoughts. When you discover that your mind has wandered, simply think “Oh, well” and return to your anchor.
7. Continue for 10 – 20 minutes.

In order to realize the long-term physiological benefits of meditation, it is suggested that you meditate once or twice daily. Of course, meditation can be used on an “as needed” basis to reduce stress and nervousness. However, such use might not produce long-lasting benefits to your overall health.

DEEP BREATHING EXERCISES

Breathing Awareness and Deep Breathing

1. Lie down or sit in a comfortable chair, maintaining good posture. Your body should be as relaxed as possible. Close your eyes. Scan your body for tension.
2. Pay attention to your breathing. Place one hand on the part of your chest or abdomen that seems to rise and fall the most with each breath. If this spot is in your chest you are not utilizing the lower part of your lungs.
3. Place both hands on your abdomen and follow your breathing, noticing how your abdomen rises and falls.
4. Breathe through your nose.
5. Notice if your chest is moving in harmony with your abdomen.
6. Now place one hand on your abdomen and one on your chest.
7. Inhale deeply and slowly through your nose into your abdomen. You should feel your abdomen rise with this inhalation and your chest should move only a little.
8. Exhale through your mouth, keeping your mouth, tongue, and jaw relaxed.
9. Relax as you focus on the sound and feeling of long, slow, deep breaths.

Complete Natural Breathing

1. Sit or stand with good posture.
2. Breathe through your nose.
3. Inhale, filling first the lower part of your lungs then the middle part, then the upper part.
4. Hold your breath for a few seconds.
5. Exhale slowly. Relax your abdomen and chest.

Practice these two exercises, in whatever combination feels best for you, for ten minutes, twice a day.

(Taken from Davis, Eshelman, and McKay; The Relaxation and Stress Reduction Workbook, 2nd edition; New Harbinger Publications, 1982.)

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Wrap-up question:

Name:

Registry ID number:

Designation (family child care, Head Start, center, other, etc).

E-mail to send certificate to:

Moving forward:

As you leave here today, what are your plans for “beating burnout? Write a paragraph outlining how you plan to deal with your burnout. Be thoughtful and specific.

Notes: