

BURNOUT NUGGETS:

Connection to Self

Burnout is, in many ways, a response to depletion that has very real physical, emotional, and spiritual consequences. **Learning how to take care of yourself is critical so you can live with energy, success, and satisfaction.**

What we've seen in the research and in work with our clients, is that **connection** can be a powerful tool in avoiding burnout and managing it when it hits—both **connection with self** and **connection with others**. The key is to know when you need one versus the other.

This means that it can be important to get into the habit of regularly pausing and asking yourself something like,

“What do I need today to refuel myself?”

Depending on how you answer, you may need time to connect with yourself, or with others, or perhaps some combination of both.

Take a look at some of the suggestions below on ways you can connect to yourself, and see what one small step you can add into your day.

What does connection to yourself look like?

- Reflect on your **life priorities**.
- Practice setting healthy boundaries.
- Spend time in nature.
- Speak to yourself with respect and kindness.
- Find ways to move (even a little!) throughout the day.
- Look for the potential to automate your life (food, clothes, etc).
- Write down your gratitudes.
- Listen to your favorite song.
- Spend a few moments savoring an experience.
- Embrace downtime.
- Practice 1 minute of mindful breathing.
- Laugh.
- Read for enjoyment.
- Recognize your unique gifts and skills.
- Celebrate your accomplishments—big and small!
- Craft your own version of what success means to you.

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Connection to Others

Some days, you'll check in with yourself and find that you're needing connection to others.

Take a look at some of the suggestions below on ways you can connect to others, and see if there is something that resonates with you.

Nurture your relationships—particularly ones that leave you feeling fueled. Connecting with others is important and can help you feel like you're "in this together."

What does connection with others look like for you?

- Try a group zoom to connect with loved ones that are far away.
- Contact someone to let them know you're thinking about them.
- Share a laugh.
- Collaborate or create something fun together.
- Host a "beating burnout" challenge with friends or colleagues.
- Take a walk at lunch with another person.
- Ask for support.
- Invite someone to coffee.
- Practice daily gratitude with a friend.
- Let someone know you appreciate them.
- Watch a movie or video with a loved one.
- Enjoy the connection with people at your grocery store, bank, coffee shop, etc. Even quick conversations can be fueling.
- Practice random acts of kindness.
- Discuss with a close friend the ways you can both offer your talents to the world.
- Regularly share your top strengths and skills with colleagues.
- Connect with a monthly support group.
- Seek out support from a therapist, physician, pastor, or coach.

It's important to start small so we suggest trying one new thing from each list. Don't try to tackle all of this or you'll get burned out addressing your burnout!

Remember, small consistent steps on your behalf will take you far.

Taking care of yourself is not selfish—it's key to a strong, successful you, and it helps you build resilience for those times when life and work are particularly stressful.