

# NOT ENOUGH TIME...

A CRASH COURSE IN SELF-CARE & AVOIDING  
PROFESSIONAL BURNOUT

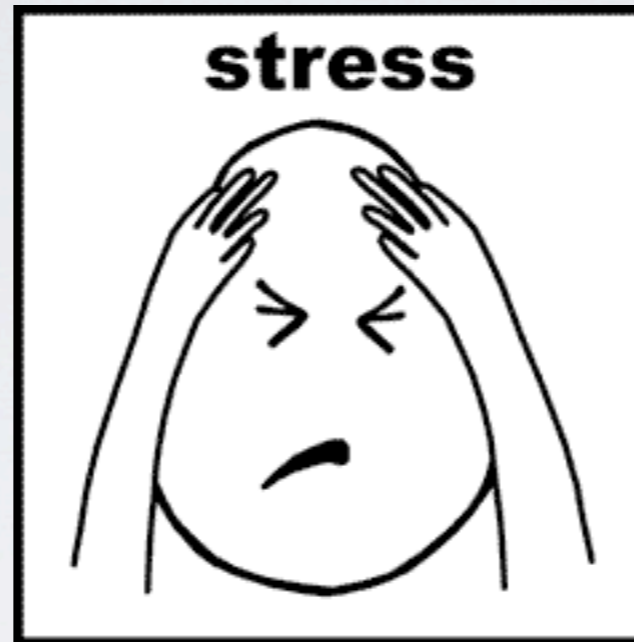
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# OBJECTIVES

1. DEFINE STRESS & PROFESSIONAL BURNOUT
2. IDENTIFY YOUR OWN TRIGGERS THAT LEAD YOU FEELING STRESSED OR BURNED OUT.
3. LEARN A VARIETY OF SKILLS AND TECHNIQUES TO COPE WITH STRESS & PREVENT PROFESSIONAL BURNOUT

NOT ENOUGH TIME:

<http://www.youtube.com/watch?v=8NPzLBSBzPI>



# WHAT IS STRESS?

STRESS IS AN ORGANISM'S RESPONSE TO A STRESSOR SUCH AS AN ENVIRONMENTAL CONDITION OR STIMULUS. STRESS IS A BODY'S WAY TO REACT TO THE CHALLENGE. ACCORDING TO THE STRESSFUL EVENT, THE BODY'S WAY TO RESPOND TO STRESS IS BY THE SYMPATHETIC NERVOUS SYSTEM WHICH RESULTS IN FIGHT OR FLIGHT RESPONSE. STRESS TYPICALLY DESCRIBES A NEGATIVE CONDITION OR A POSITIVE CONDITION THAT CAN HAVE AN IMPACT ON THE ORGANISM'S MENTAL AND PHYSICAL WELL-BEING.

WHAT ARE THE THINGS THAT  
STRESS YOU OUT?

# THE STUDENT

# THE STUDENT

\*STRONG NEED FOR PERFECTION

\*HIGH EXPECTATIONS OF SELF

\*“OVER ACHIEVERS” USED TO POSITIVE FEEDBACK

\*SELF RELIANT, EVEN IF THE SUPPORT WAS AVAILABLE

“AN OVERWHELMING MAJORITY OF GRADUATE STUDENTS SURVEYED (IN THE BARNA SURVEY) 86% SAID THAT THEIR PRIMARY SOURCE OF STRENGTH WAS THEIR INNER SELVES”

# WHAT CONTRIBUTES TO EMOTIONAL FATIGUE?

- \*Lack of time
- \*Financial Pressure
- \*Lack of Faculty Contact
- \*Lack of felt accomplishment



# *THE PERFECT STORM:*

HIGH ACHIEVING STUDENT +  
STRESS + EMOTIONAL FATIGUE =  
**BURNOUT**

# BURNOUT QUESTIONNAIRE

# WHAT IS BURNOUT?

Burnout is a psychological term for the experience of long-term exhaustion and diminished interest.

Burnout refers specifically to a type of adrenal fatigue brought on by lifestyle factors (ie: trying too much at once, working too hard = Not Enough Time!)

Research indicates general practitioners have the highest proportion of burnout cases; according to a recent Dutch study (Psychological Reports) no less than 40% of these experienced high levels of burnout.

# Stress vs. Burnout

## STRESS/"Too much"

Characterized by over engagement

Emotions are over reactive

Produces urgency and hyperactivity

Loss of Energy

Leads to anxiety disorders

Primary damage is physical

## BURNOUT/"Not enough"

Characterized by disengagement

Emotions are blunted

Produces helpless and hopelessness

Loss of motivation, ideals, and hope

Leads to detachment and depression

Primary damage is emotional

# THE 3 R<sub>s</sub>

**RECOGNIZE:** WATCH FOR SIGNS OF BURNOUT

**REVERSE:** UNDO THE STRESS BY MANAGING STRESS  
AND SEEKING SUPPORT

**RESILIENCE:** BUILD RESILIENCE TO STRESS BY TAKING CARE OF YOUR  
PHYSICAL AND EMOTIONAL HEALTH

# WHAT ARE THE THINGS YOU DO TO TAKE CARE OF YOURSELF?



# QUICK TIPS AROUND SELF CARE?

# REDUCING STRESS AND PREVENTING BURNOUT

Monitoring progress  
Time management and setting priorities  
Cultivating Relationships  
Creativity  
Developing your world view  
Professional Support



# MONITORING PROGRESS

## Journal Writing

Be mindful and eliminate negative self-talk

Don't compare yourself to others

Identify and cultivate your strengths.

Be aware of the triggers that lead to feeling burned out.

# SELF ENCOURAGING COPING THOUGHTS

Coping thoughts can help us tolerate distressing situations by giving you strength and motivation to endure those experiences. Often times our negative thought process can be disabling, leading to anxiety and self-sabotage. Below is a list of self-encouraging thoughts to utilize when feeling confronted with distressing or overwhelming situations. Use these statements to help you cope with the **here and now**.

## **OLD Negative thought pattern:**

- “Everything will fall apart if I don’t do this right!”
- “I am not good at anything.”
- “My career depends on whether I do this right or not.”
- “Nothing ever goes my way.”
- “If only I studied more or paid closer attention.”

## **NEW Positive thought pattern:**

- “This situation won’t last forever.”
- “I’ve already been through many other painful experiences, and I’ve survived.”
- “I can be anxious and still deal with the situation.”
- “I have studied as much as I can and am ready to apply it.”
- “I must not lose sight of the bigger picture.”
- “This is an opportunity for me to learn how to cope with my fears.”
- “My anxiety/fear/sadness won’t kill me; it just doesn’t feel good right now.”
- “The problem is bigger than me.”
- “This situation sucks, but it is only temporary.”
- “I can think different thoughts if I want to.”
- “So what’s the worst thing that can happen?”



# TIME MANAGEMENT

- \*Conserving Time (Be wise with the hours in a day, with flexibility. Knowing your “peak periods”.)
- \*Controlling Time (Learn to say “No”, Be realistic with time, set limits with technology)
- \*Making Time for Self Care (ie: breaks, leisure & vacation, exercise, eating balanced meals)
- \*Slowing Down (taking breaks from technology, doing one thing at a time for 10 minutes, mindfulness, meditation or prayer)

# CULTIVATING RELATIONSHIPS

Assess current relationships

Prioritize relationships

Establish interactive relationships that motivate and hold you accountable

Form meaningful relationships outside of work/school



# CREATIVITY



Take 5-10 minutes (or more!) out of your day and devote it to something creative. It is essential to **balance** the **left** side of our brain (associated with logic and thinking) with the **right** side of our brain (associated with in creativity and intuition). Creativity also can help keep you in the here and now, which is an essential part of your well-being!

# DEVELOPING YOUR INNER WORLD

What is the highest priority of your life?

What would you like the biggest priority of your life to be in 40 years?

Is there a cause for which you would sacrifice your personal standard of living?

If someone asks you to describe the principles by which you live your life, what would you say?

What are your core values or beliefs?

How do you feel about the world, the environment?

A scenic view of a beach with turquoise water, white waves, and a blue sky with clouds. The text "A GUIDED IMAGERY" is overlaid in the center.

# A GUIDED IMAGERY



UCSF Student Health and Counseling offers a variety of services to nurture self care and promote personal successful. Below are just a few of the services you can utilize on your path to physical and emotional wellness. We offer **individual counseling and therapy** based on a brief therapy model (maximum of 10 counseling sessions per academic year) to address the concerns of our students. In individual counseling and therapy, a student meets one-on-one with a therapist, usually in fifty-minute sessions. Such a working relationship may last for only one session or may continue for longer, depending on the needs of the student. Additionally, we offer **couples counseling** (under the same 10 session plan) as well as **consultation around substance use and nutrition**.

<http://studenthealth.ucsf.edu/location-directions-hours>



# IN SUMMARY....

- ✓ **Start your day with a healthy routine or ritual.** There's nothing worse than jumping out of bed in a panic. Leave time for writing, reading, meditating, stretching, or eating breakfast.
- ✓ **Develop good habits around eating, sleeping, and exercise.** This is essential. This is the fuel that helps you sustain the demands of a long, rigorous day. Developing good habits in these areas helps with overall mood and balance.
- ✓ **Set boundaries and take breaks.** Be mindful of your time and overextending yourself beyond your capacity. Be realistic in your goals for the day. Learn how to say NO to requests or social commitments that exceed what you are able to do.
- ✓ **Take regular breaks.** Taking breaks are essential when stressed. You would be amazed what a difference it makes stepping away for a few minutes from a given situation!
- ✓ **Take a break from technology.** Remember, YOU own your cell phones and computers. They don't own you! Setting a time to disconnect completely can help rejuvenate you.
- ✓ **Nourishing creativity.** In school we use so much of our left brain (associated with logic and reason). We must find a way to balance that with our right brain (associated with creativity and intuition). Try to find 10-15 minutes (or more) in your day to devote to something creative.
- ✓ **Choose your battles.** Anything and everything can present some element of stress. Put the energy ONLY in the things which you have SOME control over. There is no point in beating up on yourself or stressing over things you have absolutely no control over.
- ✓ **Reach out for help.** If you feel like your stress levels are getting out of control and you have tried unsuccessfully trying to manage it on your own, utilize your support system. Talking out feelings and being around people who care (friends, family, peers, colleagues, advisors, etc.) can really provide relief.

# THE SELF-CARE RX