

Conversations on Burnout

Webinar 4: One Moment at a Time

Hazel ANDERSON
TURNER

Who are we?

Hazel ANDERSON
TURNER



**Hazel
Anderson-
Turner**

Business Psychologist and
ICF Professional Certified
Coach



**Laura
Coleman**

Meditation and Mindfulness
Coach
Founder, Be Modern
Meditation

The focus for today

Emotional Exhaustion

The Power of One Moment at a Time

Practical ways to “Empty the Tub”

Self Compassion to Take Action

**Feeling burnt out is
understandable but
not inevitable**

What does **BURNOUT** look like?

"I don't have anything left to give"

Overwhelming emotional exhaustion

"I just don't care anymore"

Feelings of cynicism and detachment

"I feel like I'm letting everyone down"

Personal sense of ineffectiveness and lack of accomplishment



Hazel ANDERSON TURNER

The Burnout Scale



BURNOUT



THRIVING

Powerful question

How well am I able to recover from the emotional demands of my role?

EMOTIONAL EXHAUSTION



HIGH ENERGY

Powerful question

How connected do I feel to what is important to me?

FEELING CYNICAL AND DETACHED



STRONG CONNECTION


Powerful question

How much value do I feel like I am adding?

FEELING INEFFECTIVE AND NOT ACHIEVING GOALS



FEELING EFFECTIVE AND CAPABLE

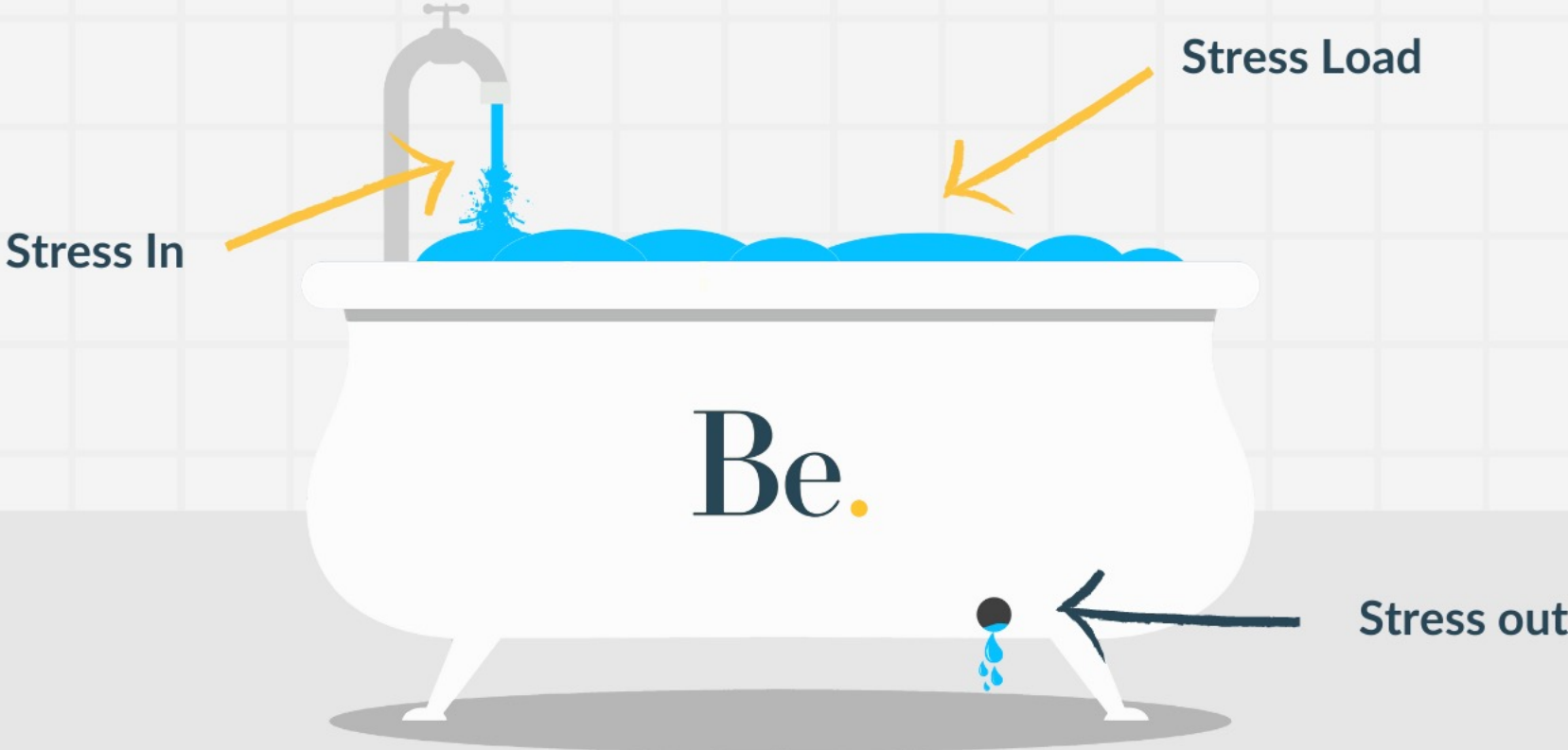


**Ask yourself
"WHAT am I
feeling?"
NOT
"HOW am I
feeling?"**

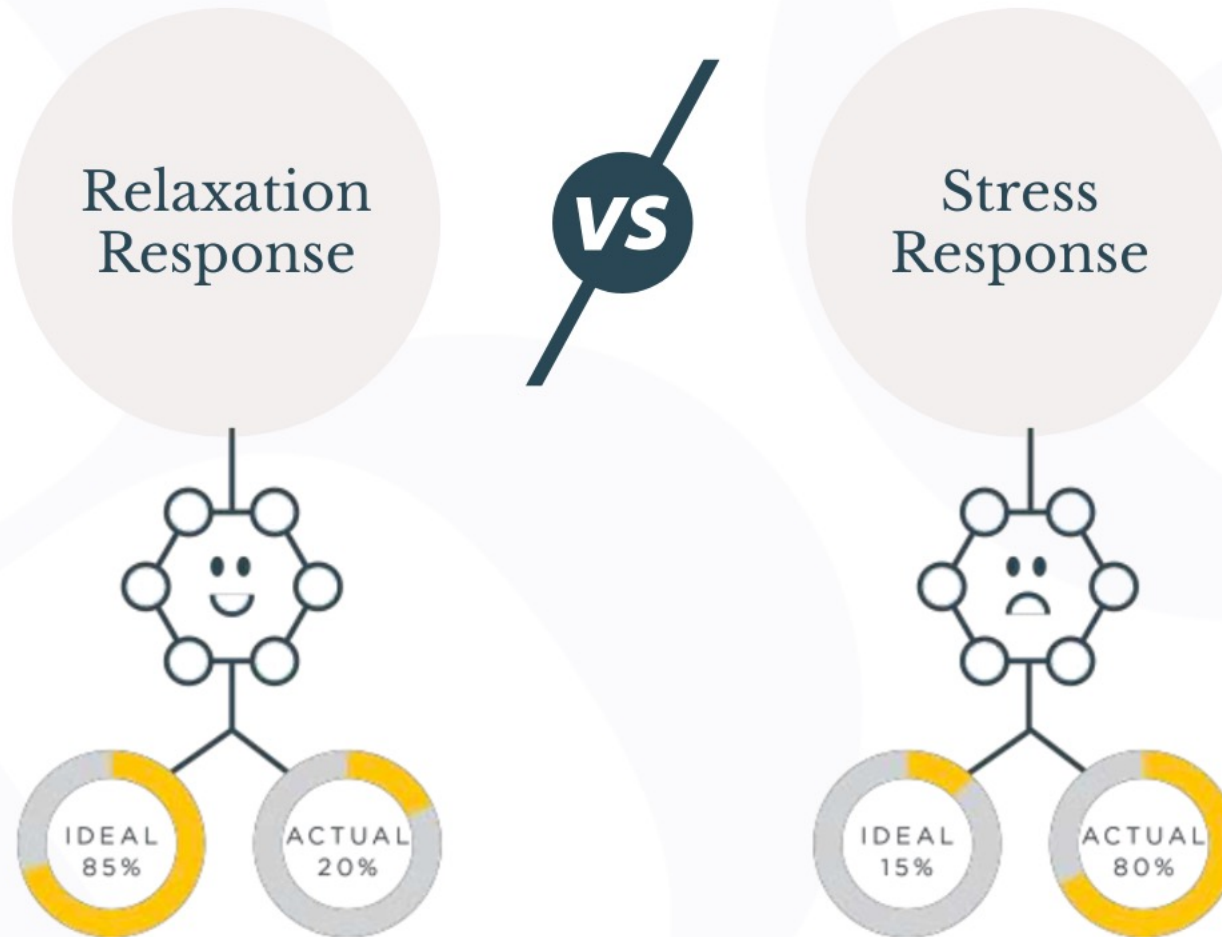
**Tackling emotional
exhaustion can be an INSIDE
job**



The Burnout Bathtub



Warm Tap vs Cold Tap



The Power of the Pause



Micromoment Magic



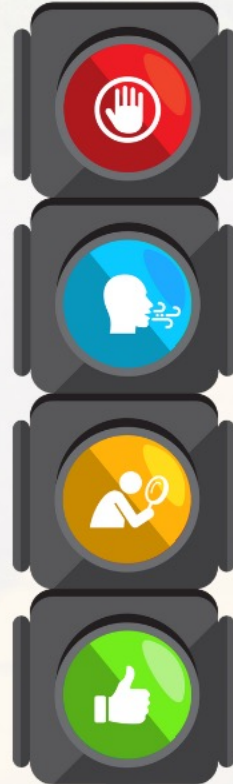
Awareness



Relief



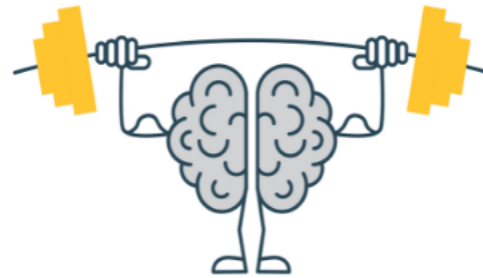
How to create a micromoment



- ✓ Stop
- ✓ Take a few breaths
- ✓ Observe
- ✓ Proceed

Let's get Practical

What else does it take to tackle emotional exhaustion?....



.....Self Compassion

Self- compassion



Self-compassion

A young boy with light hair is hugging a young girl with long brown hair from behind. They are standing in a field of tall, golden-brown grass. The boy is wearing a dark t-shirt, and the girl is wearing a pink long-sleeved shirt with a floral pattern. The background is softly blurred, showing more of the field and some indistinct figures in the distance.

“Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.”

“At the most basic level, self-compassion simply requires being a good friend to ourselves.”

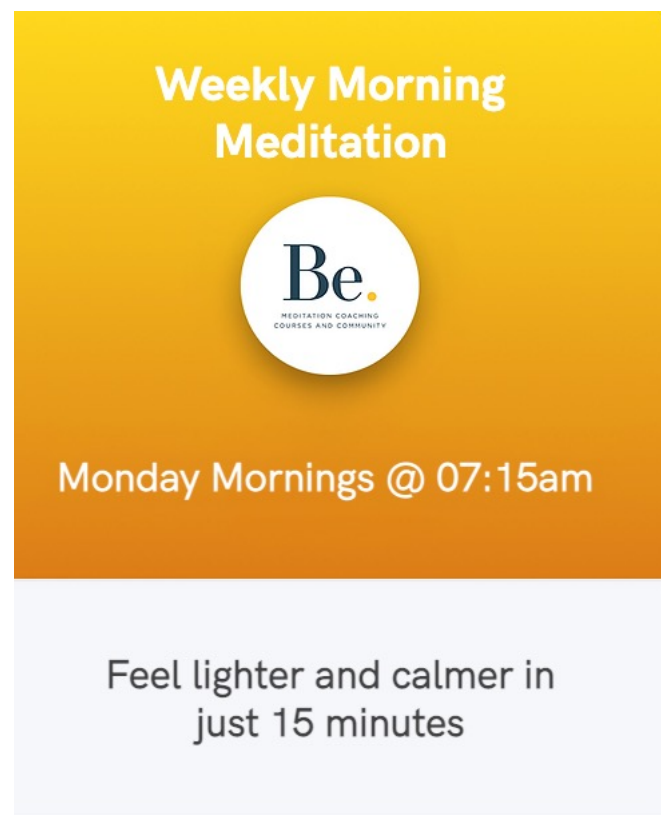
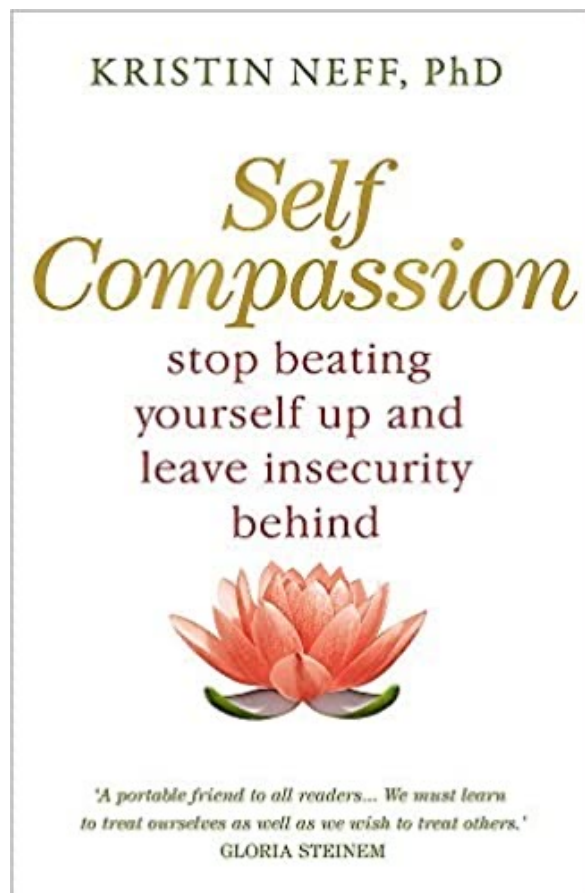
Kristin Neff

Self-compassion

- Mindfulness:
 - “I’m noticing that I am experiencing anger”
 - “I’m noticing that I’m having the thought that I have failed”
- Common humanity:
 - “This is really understandable”
 - “What I am experiencing is a really human reaction. I am not alone in this.”
- Kindness:
 - “It’s ok”
 - “What do I need most right now?”



What would I say to friend?



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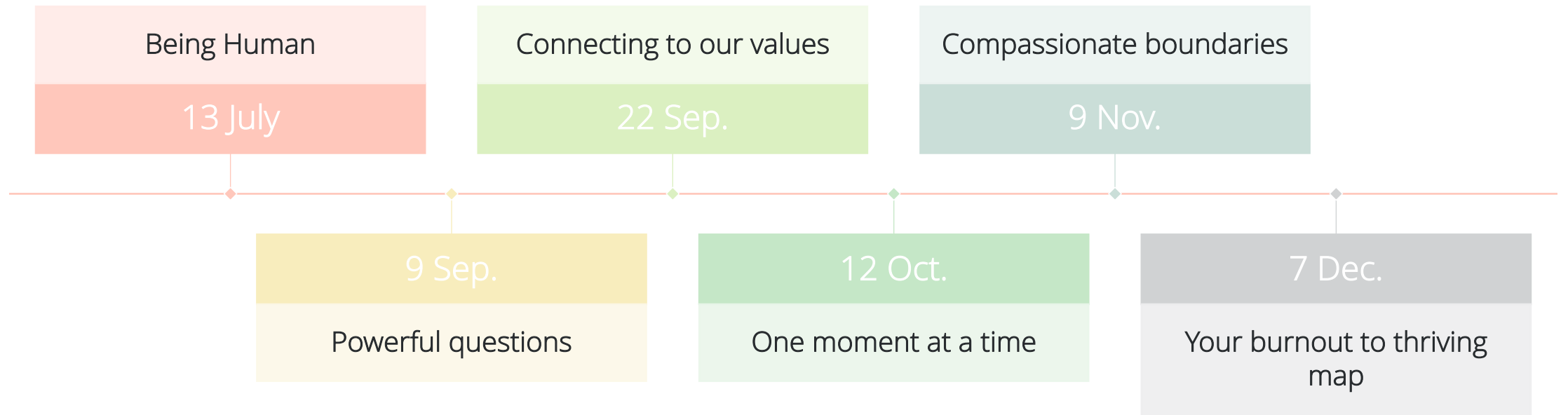
Resources

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What's next?



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