12 Ways to Reduce Stress and Burnout

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An excerpt from Dr. Sabongui's article entitled "Stress and Burnout".

12 WAYS TO REDUCE STRESS AND BURNOUT

- Learn to put your mask on first! Remember those flight safety briefings that you get whenever you take a plane? They tell you to put your oxygen mask on first before trying to help someone else! By putting your mask on first, you are in a better position to help others. If you don’t, you risk becoming a burden for others.

- Learn to say no – without feeling guilty.

- Learn to set limits and respect them.

- Schedule some time for yourself and make it as important as time scheduled for your clients.

- Learn some relaxation techniques and practice them daily.

- If you are not happy with your life right now, nothing more that you accumulate will bring you more happiness.

- Create a positive social-support network.

- Don’t put all of your eggs in one basket: Investing too much energy into your work leaves you more vulnerable if you should happen to have a bad day in that enviornment. Divide your energy by investing yourself in fulfilling personal hobbies and fulfilling personal/emotional relationships.

- Eliminate negative self-talk and catastrophic thinking. Do you talk to yourself like you would talk to your best friend, in an encouraging, supportive manner, or are you harsh and critical towards yourself? Do you tend to imagine the worst-case scenario?

- Engage in some vigorous physical activity and exercise regularly (including sex!) – the endorphins help burn off a lot of your stress and tension.

- Learn to identify the difference between things you can control and things you can’t.

- And if you are even the least bit worried about your emotional health, don’t wait to ask for help, whether from friends or from a professional – Most of us have a tendency to underestimate the impact of our problems on ourselves.