



Beating Burnout

Terri Patton

Washington Fire Chiefs State Conference
May 22, 2018

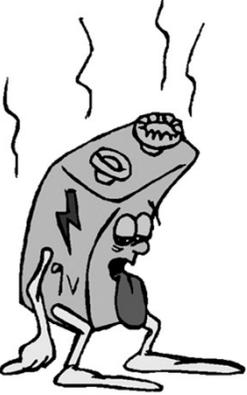
What Burnout
Feels Like...

*"...a dry teapot
over a high
flame..."*



What Burnout
Feels Like...

*"...a drained
battery that can
no longer hold a
charge..."*



What Burnout Feels Like...



What Burnout Feels Like...



1970's

- Psychotherapist Herbert Freudenberger
- Burnout: The High Cost of High Achievement
- "A noble affliction"
- Caring professions: nurses, teachers, legal aid workers, social workers, clergy

Today

- Researcher Christina Maslach
- Burnout: The Cost of Caring
- Maslach Burnout Inventory
- Burnout is the illness of every driven profession
- Status symbol = 60-hour week

Our Culture



Maslach Burnout Inventory

1. Engagement
2. Overextended – Exhaustion
3. Disengagement – Cynicism
4. Inefficacy – Ineffective

BURNOUT = HIGH in All Dimensions 2-4



Maslach: Any 1 of 6 problems can lead to BURNOUT

- Working too much
- Working in an unjust environment
- Working with little social support
- Working with little agency or control
- Working in service of values we loathe
- Working for insufficient reward

**Carl Jung, Psychiatrist
& Psychoanalyst**

Burnout
=
**Left Brain vs.
Right Brain**

**Masculine vs.
Feminine**



Perfectionists!!

Burnout happens
when reality
doesn't match
expectations...

No room for error
or failure...



The Myth of Multi-tasking

- Negative impact on concentration
- Negative impact on productivity
- Low social awareness
- Low self awareness



Technology

- Hard to un-plug
- Work/Home interference
- "Busyness"
- "Hurry Sickness"
- "Gridlocked"
- "Tarmacked"





- Increased risk of viral infection
- Risk of diabetes
- Increased stomach acid
- Build up of plaque in the arteries
- Deteriorated telomeres



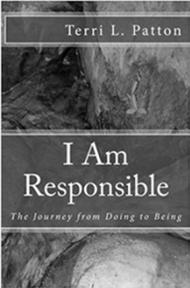
Self-sacrifice
in service to
others...

“...among leaders is
the belief that the
ultimate
responsibility for
everything rests
with us.”

- Parker Palmer



My Story



What Burnout
Feels Like...





*"Listening to the true self and giving
giving the care it requires benefits
each one of us and everyone our
lives touch."*

-Parker Palmer



Self-Awareness



"Knowing others is wisdom,
Knowing yourself is enlightenment."
- Lao Tzu

Talk Self Talk Self Talk Self Talk Self
Talk Self Talk Self Talk Self Talk Self

Neuroscience

- Default Mode Network
- Neuroplasticity
- Reducing Anxiety/Amygdala





**Balance =
Integration**

🎧 🎵 🎶 🎹 🎷

**My Favorite
Things...**

🎧 🎵 🎶 🎹 🎷

Paying Attention



Noticing the presence of our awareness...





FRILUFTSLIV



Shinrin-Yoku

Creativit

MEANING

*We are all
wired to
create!*





Gratitude
is the
Highest
Form of
ATTENTION
!

Benefits of Grateful Being

- Stronger immune system
- Lower blood pressure
- State of GRACE



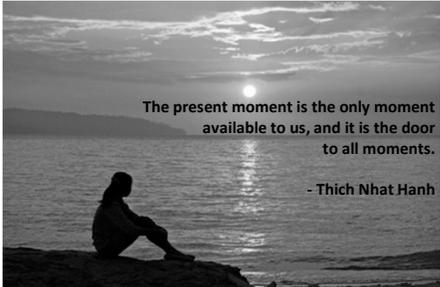
The moment you start acting like life is a blessing, it starts feeling like one.

Greater Good Science Center
UC, Berkeley

Neuroscience

- Default Mode Network
- Neuroplasticity
- Reducing Anxiety/Amygdala





The present moment is the only moment available to us, and it is the door to all moments.

- Thich Nhat Hanh

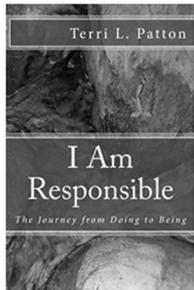
Meditation Resources

- Chopra.com
- Insight Timer
- Calm
- Headspace.com



The Journey
from
"Doing"
to
Well-Being





<https://www.amazon.com>



<https://www.youtube.com>
