




Finding Resilience

Strategies for self-care and wellbeing



Burnout: “The experience of feeling overwhelmed and exhausted by everything you have to do and yet somehow still worried that you're not doing enough.”

E & A Nagoski



Burnout = Stress for a long duration + Strong at high intensity

Burnout and Stress

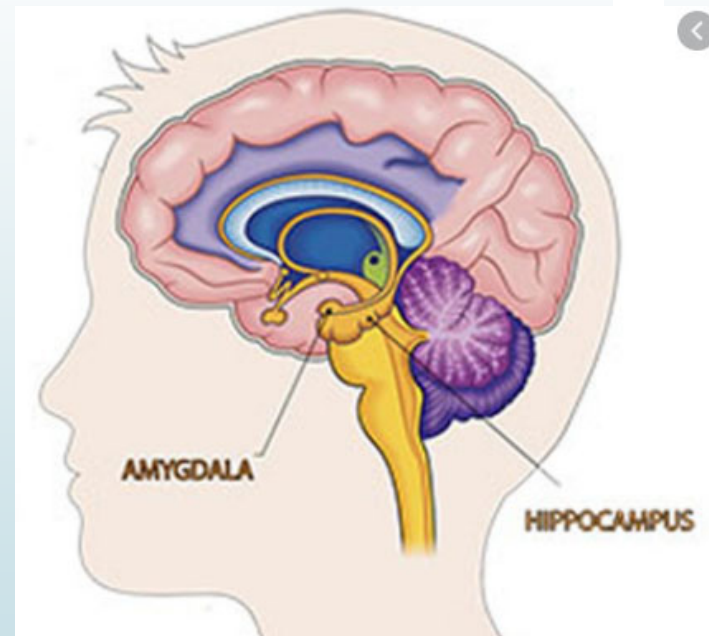
Three Components

1. Emotional Exhaustion
2. Depersonalization
3. Decreased Sense of Accomplishment

H. Freudenberger



Stressors vs. The Stress Response



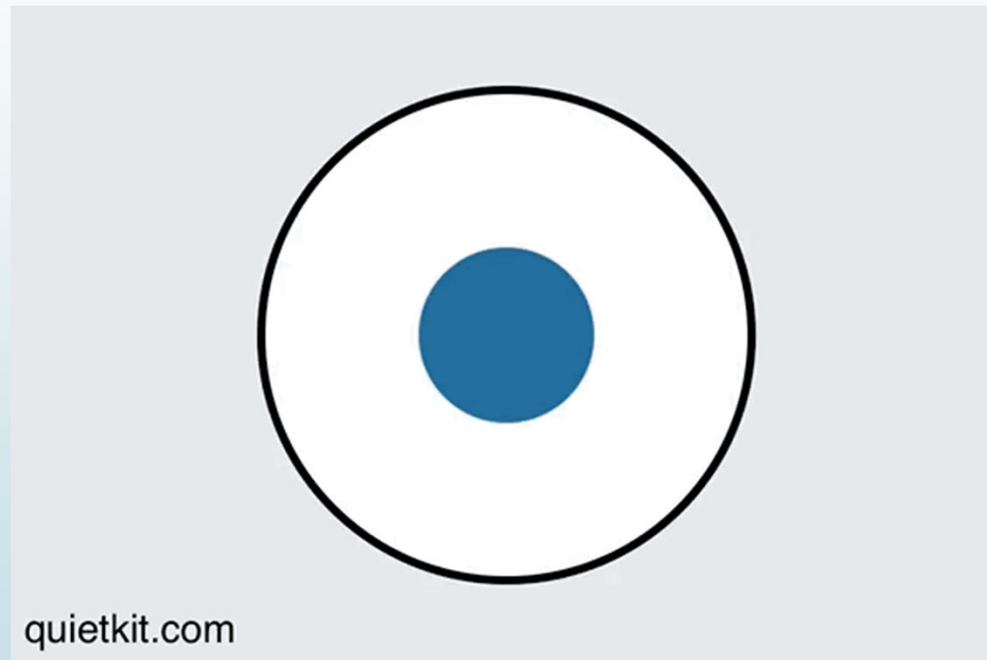


How to Complete the Cycle of Stress

9 Strategies

- Deep Breathing
- Feeling the feeling
- Laughter
- Positive Touch
- Physical Activity
- Social Connection
- Creative Expression
- Tuning into the 5 senses
- Ritual

Deep Breathing



Feeling the Feeling



Laughter



Touch



Physical Activity



Social Connection



Creative Expression



5 Senses



Ritual

