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

![Emojis depicting various feelings](image-url)
Laughter
Touch
Physical Activity
Social Connection
Creative Expression
5 Senses
Ritual