



Preventing Burnout

Western Sydney University

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Housekeeping

- Make this time valuable for yourself... please turn off emails and phones.
- If possible, turn on your video. Humans connect better when they can see faces.
- Your facilitator may call on you to input and give your ideas and opinions. This is to encourage learning and dialogue.
- Please participate and ask questions – it will help everyone's learning. There is no such thing as a 'bad' question.



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Learning Agenda

- Impact of COVID-19 and ongoing change
- Appreciate the role of stress and impact of burnout
- Identify your signs of burnout
- Understand resilience to prevent burnout
- Tips for preventing burnout
- Where to access further support

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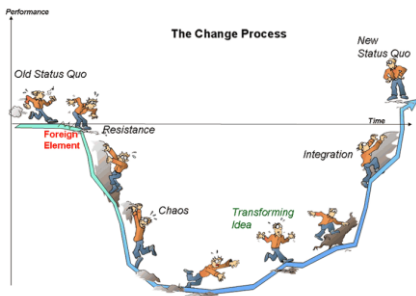
COVID-19 context

- A major change in a very short amount of time
- Lots of uncertainty
- Unclear messages
- Catastrophic language
- Media overload (especially social media)



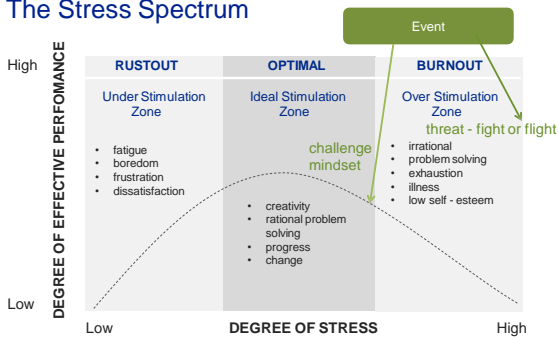
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The COVID Journey...where are you?



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The Stress Spectrum



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Recognising your Individual Stress Signature





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Signs of Burnout

Physical <ul style="list-style-type: none"> Talking faster than usual Tiredness Hyperactivity Sleep problems Change in appetite 	Thoughts <ul style="list-style-type: none"> Negative or pessimistic Irrational thinking Confused or forgetful Decreased concentration Attitudes such as "near enough is good enough" or "who cares"
Behaviours <ul style="list-style-type: none"> Achieving less than normal Irregular sleep patterns Minor accidents / more mistakes More stimulant use (caffeine, alcohol or other drugs) Poor judgement 	Emotions <ul style="list-style-type: none"> Short-tempered with others Keyed up, over-excited or anxious Frequent changes in mood Irritable Withdrawn Down, sad or depressed Bored or apathetic



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What is Resilience?

- The process of adapting well in the face of adversity, trauma, significant sources of stress
- Involves behaviours, thoughts and actions that can be learned and developed.





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Tips to prevent burnout and build resilience

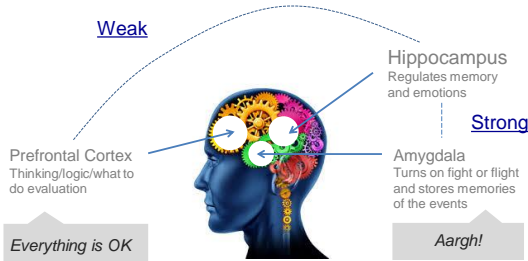
1. Manage emotions and actions through managing thinking
2. Focus on what you can control
3. Strengthen your support network
4. Focus on self-care





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Self-regulation when stressed to manage emotion



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Respond not react

Reacting

Hijacked by emotion

Responding

Notice your emotion

- STOP
- THINK
- RESPOND



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The importance of a self-care routine

- Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis
- Self-care helps to prevent stress and anxiety
- Self-care makes you more effective.



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Eat, Walk, Sleep



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Social Support



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Your EAP

Western Sydney University provides 6 counselling sessions for you and your immediate family members per year.

- It's confidential
- It's voluntary
- It's independent
- It's free



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TR-TO-005.02 Rev. date 02.09.19

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