

4 Tips to Avoid Burnout and Deal with Stress

First, we must identify what burnout is. Burnout is the feeling of mental, physical, and emotional exhaustion due to chronic and repeated stress. There are many unfortunate daily stressors that are just a part of life; therefore, we must learn to cope with them.

1. Practice Positive Self-Talk

Positive self-talk has a great impact on our self-efficacy and confidence; it is also an effective tool to deal with anxiety. Next time when a negative doubt creeps into your head, take a moment to



remember a time that you have accomplished something you are proud of and remind yourself that you are an amazing human being!

2. Setting Process-Oriented Goals

Process-oriented goals are easily accomplished goals that are based on our actions and only require effort to complete. For example, setting goals such as exercising 3 times per week or going to bed by a certain time. Setting process-oriented goals is effective because they are easily attainable and give us a sense of accomplishment when we complete them. They also ensure we are taking the right steps towards accomplishing our long-term goals.

3. The Quieting Reflex

The quieting reflex was developed by Dr. Charles Stroebel, Director of the Institute of Living and Professor of Psychiatry at the University of Connecticut and lecturer at Yale. Dr. Stroebel developed this technique to help his patients deal with chronic stress. Use this technique when you feel yourself experiencing stress from daily inconveniences such as traffic, late bus, grey weather, or long line up at the grocery store.

- Become aware that you are feeling stress.
- Give yourself an “inner smile.” Imagine that you have eyes and a mouth on the inside of your face and smile to yourself!
- Say to yourself, “Calm body, alert mind.”
- Inhale slowly; imagine that you have holes in the bottom of your feet and the breath is coming up through your soles.
- As you exhale, allow the muscles in your neck, jaw, and tongue to relax.
- Imagine a wave of warm, heavy energy moving down through your body and out your feet and allow yourself to feel limp and loose.

4. Physical Well-Being

This may seem simple enough, but we often sacrifice our physical health due to time-constraint or lack of energy which will lead to less effective and efficient work. The goal consists of making sure we reach our weekly physical activity of 150 minutes recommended by Participaction <https://www.participaction.com>. follow a well-balanced diet provided by the Canada food guide <https://food-guide.canada.ca/en/>, and get enough quality sleep.

