

I SHOULD BE BURNT
OUT BY NOW...

*So How Come
I'm Not?*

Peg Neuhauser



Top Ten Signs of Burnout

- 1. You think about how relaxing it would be if you were in jail right now.**
- 2. Your DayTimer/Work Planner exploded a week ago.**
- 3. You leave for a party and instinctively bring your ID badge.**
- 4. You don't set your alarm anymore because you know the pager will go off before the alarm does.**
- 5. Visions of the upcoming weekend help you make it through Monday.**
- 6. You have so much on your mind, you've forgotten how to login.**
- 7. You wake up to discover your bed is on fire, but go back to sleep because you just don't care.**
- 8. Your garbage can *is* your "in" box.**
- 9. Your friends call to ask how you've been and you immediately scream "Get off my back!!"**
- 10. You're so tired, you now answer the phone with just: "What?"**



**“Takes a licking
and keeps on ticking.”**

**Take spontaneous
breaks for chocolate
and take someone
with you**



Sometimes it's just coming home and sitting on the couch with my dog.

But I can tell a difference when I do that. I feel a whole lot better when I do.





**I'm a TV freak.
I love going
home and
watching the
tube at night.**

**Think of a situation that should
have burnt you out but didn't.**



Why didn't it?



**What did you do to keep that from
happening?**

5 Key Messages from the Interviews

Don't Wait for the Right Circumstances

If You're not Dead, It Can't be That Bad

It's Skill That Takes Practice

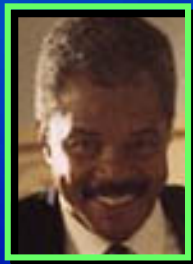
Nobody's Perfect

Don't Look Back

What Happens When There is Tribal Warfare?

Individuals

Organization



IQ - 120



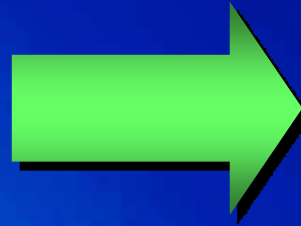
IQ - 120



IQ - 120



IQ - 120



IQ - 63

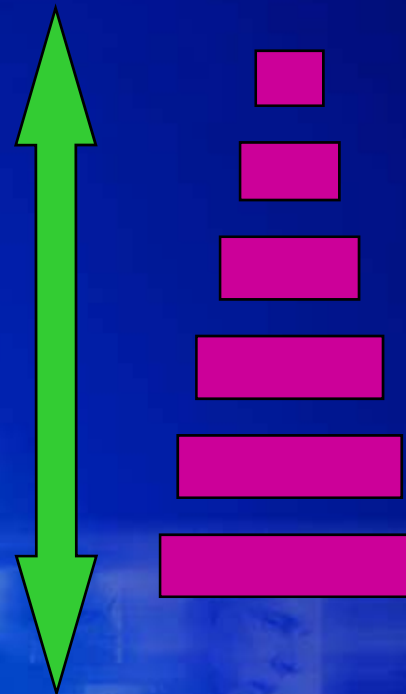
Generalist and Specialist Tribes



Broad range of knowledge about products and services.

SPECIALISTS

In-depth knowledge of one product or service line.



*Language . . . Do you use it as a
tool or a weapon?*



TOOL

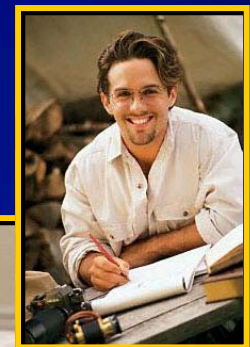
or



WEAPON

Laugh More Than You Whine

- **Laugh at things that aren't funny.**
- **Take 10 minute self pity breaks.**
- **Be careful about taking action when you feel the urgency of anger or tension.**
- **Smile a lot..**



**Think of yourself
as a *sprinter*...**



**...instead of
a marathoner.**

Adapted from: *The Corporate Athlete* By Jack L. Groppe, Ph.D



Energy Recovery Rituals

***Every 90-120 minutes
you need an energy
recovery action.***

Who are the Toxic People in Your Life?

Why are they still there?

Three Options:

- **Eliminate them from your life.**
- **Limit your contact with them.**
- **Confront them.**



Toxic Person Checklist

- **You feel exhausted after you've been with him.**
- **You get angry at things she says or does.**
- **You want to argue about things he says or does, but it seems pointless.**
- **You're more depressed or irritable after you spend time with her.**
- **You make excuses when he asks you to do something with him.**
- **You dread getting together with her once you've made plans.**
- **When with him, you're anxious to get away as quickly as possible.**
- **You tense up when she comes near you.**

**Are *you* a
Toxic Person?**



Make 'Em Laugh

