



BEATING BURNOUT



Adapted from *Beating Burnout and Building Margin in Your Life*
by Carey Nieuwhof

82% of Senior Executives regularly finish work feeling emotionally tired & physically exhausted.

70% of young adults (20s & 30s) are experiencing some level of burn out

WHAT DO YOU WANT TO DO WHEN YOU FEEL BURNED OUT?

» ...want things to go back to normal.

WHAT IS BURNOUT?

A state of complete mental, physical, and emotional exhaustion.

WHAT IS “NORMAL”?

Normal is the thing that has the potential to destroy you if you do not plan wisely.

WHAT ARE SOME SIGNS YOU ARE BURNING OUT?

You have no passion.

You no longer feel the highs or the lows.

Your emotional reactions, when you have them, are not appropriate.

Everybody drains you

You become cynical

Nothing satisfies you

You can't think straight

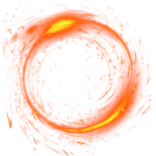
Your productivity is dropping

You're self—medicating

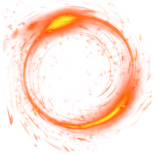
You don't laugh anymore

Sleep & time off no longer refuel you

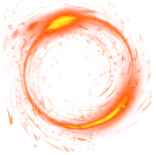
HOW TO **AVOID** BURNOUT?



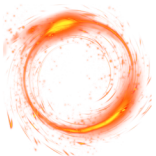
Don't do everything yourself. Moses: Exodus 18:18



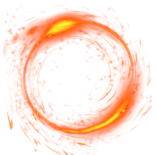
Calendar EVERYTHING!



Do your most important work when you are at your best (**Green Zone**).



Create and Sustain intentional Rest (break) Rhythms.



Ensure Rest includes what brings you Joy

Intentional Breaks



Daily 15–30min.



Weekly 6–24 hrs.



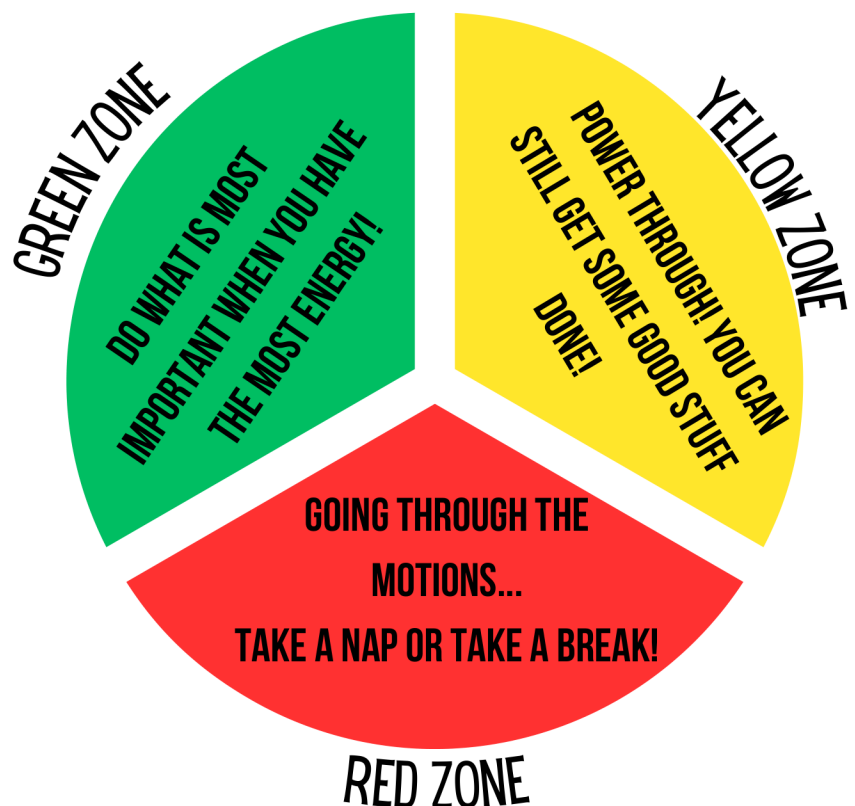
Monthly 1–2 Days.



Quarterly 2–5 Days.



Yearly 2–4 Weeks



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