

2021 Health Law Week Strength Through Adversity

Avoiding Burnout and Getting Self Care (the right way)

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This presentation is for those who are overwhelmed by...

- The amount of work
- Emotional exhaustion
- Uncertainty about work
- Lack of motivation



We are going to cover...

- Why burnout is not just about working a million hours
- How to identify what type of burnout you may have
- How to turn your burnout into good news
- The right action plan depending on the type(s) of burnout you may have

What I ask from you:
Keep an open mind.



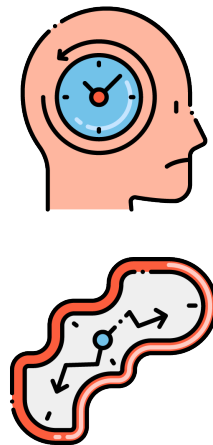
Who am I?



What even is burnout?



Voluntarily Overworking	Voluntarily Underworking
Involuntarily Overworking	Involuntarily Underworking



Foundational model

be-do-have

Voluntary overworking



How to address **voluntary overworking**



Step 1.

Understand that overworking is not always bad.

What kind of noise do you need to block out to be okay with where you are?

How to address **voluntary overworking**



Step 2.

Observe where your peak performance ends.

When do you stop seeing optimal results?

How to address **voluntary overworking**



Step 3.

Take inventory of your 24 hours.

How do you spend each minute, hour, and day?

How to address **voluntary overworking**



Step 4.

Invest in delegation.

What is one thing you can delegate today?

Voluntary underworking



How to address **voluntary underworking**



Step 1.

Understand that procrastination does not automatically mean lazy.
If you're not lazy, what is the actual reason behind procrastination?

How to address **voluntary underworking**



Step 2.

Write down exactly what you are procrastinating on.
How can you be as specific as possible?

How to address **voluntary underworking**



Step 3.

Explore the root cause of the areas of procrastination.
What is the actual root cause of the other struggles?

Involuntary overworking



How to address **involuntary overworking**



Step 1.

Decide which part you want to change: “involuntary” or “overworking.”

Which do you want to work on first?

How to address **involuntary overworking**



Step 2.

If you want it to be voluntary: decide on your purpose.

What is your most important priority right now?

How to address **involuntary overworking**



Step 3.

If you want to work less: decide on your values.

What are your most important values?

Involuntary underworking



How to address **involuntary underworking**



Step 1.

Get clear about your ambitions.

How can you be as specific as possible, even though it might change later?

How to address **involuntary underworking**



Step 2.

List the actions that are consistent with those ambitions.
How do you feel about those actions?

How to address **involuntary underworking**



Step 3.

List the resources that you currently have.
Where is the opportunity in this downtime?

How to address **involuntary overworking**



Step 4.

Assess your relationships.

How can you give first before asking for something in return?



Now that you know about the “how,” ask “who.”

- How have others done it before?
- Where are people doing it?
- Who can help me do it?



How have others done it before?

Learn from the mistakes of others. You can't live long enough to make them all yourself. Eleanor Roosevelt



Where are people doing it?

Join a community where your desire result is the norm.

James Clear



Who can help me do it?

It can be easy to focus on How, especially for high achievers who want to control what they can control, which is themselves. It takes vulnerability and trust to expand your efforts and build a winning team. Dan Sullivan

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