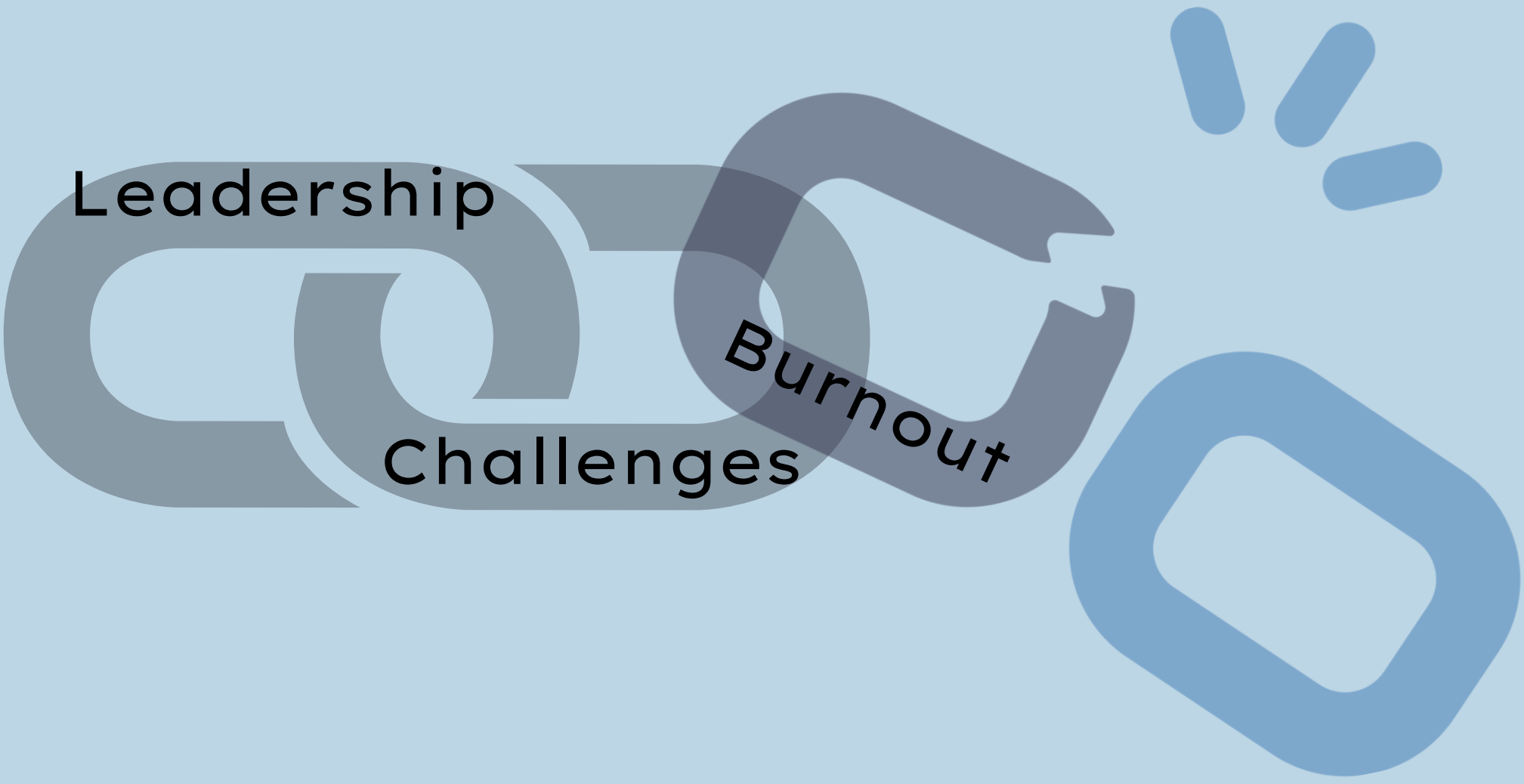


BURNOUT IN LEADERSHIP

What it Does and How to Avoid
It







Leadership

Challenges

Burnout

Burnout

"Burnout" Is Now Considered As A Medical Condition - The World Health Organization has for the first time recognized "burn-out" in its International Classification of Diseases (ICD),

"Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- Feelings of exhaustion or energy depletion
- Feeling increasingly distant, negative, cynical about one's job
- Reduced professional efficacy/decreased self-evaluation of output/performance



Emotional Symptoms:

- Extreme mood swings
- Becoming agitated or overwhelmed easily
- Losing control over emotions
- Anxious, racing thoughts in your mind
- Low self-esteem
- Self-isolation

Physical Symptoms

- Decrease in energy levels
- Constant headaches
- Stomach issues, including diarrhoea, constipation, and nausea
- Unexplained muscle aches and tears
- Frequent cold and flu
- Chest pain and increased heart rate
- Insomnia
- Loss of sexual drive
- Nervousness and shaking in stressful situations
- Cold and sweaty hands and feet
- Dry mouth
- Grinding teeth or clenched jaw out of nervousness

Cognitive Symptoms

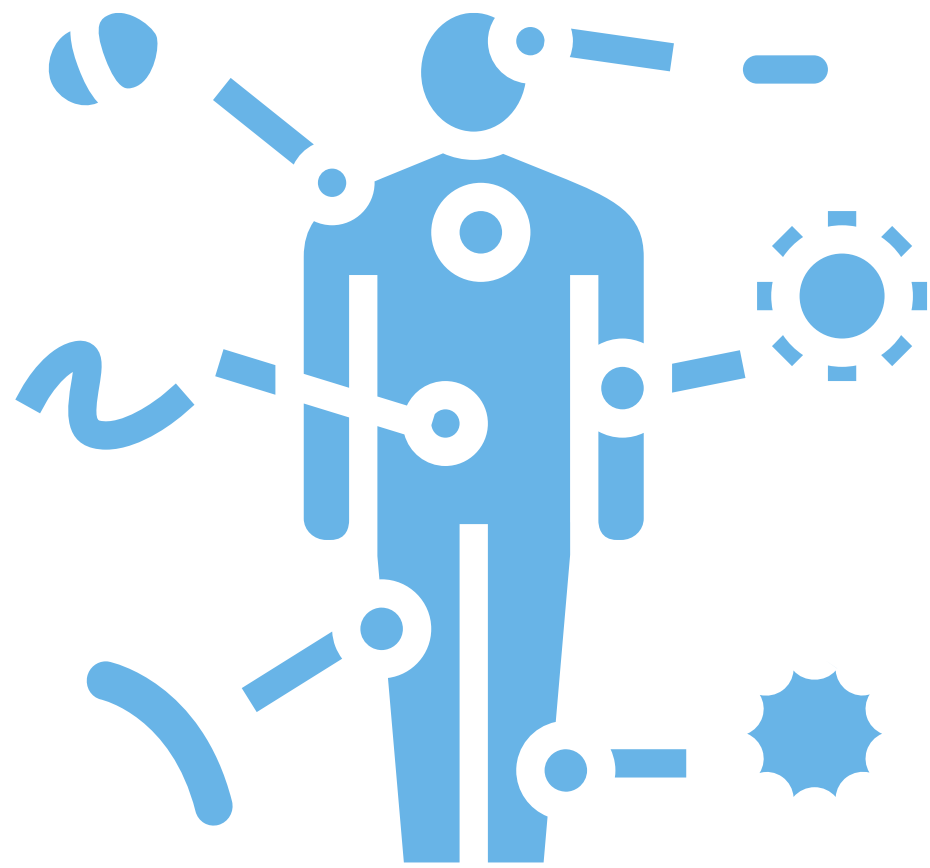
- Constant worrying
- Overthinking
- Forgetfulness and being disorganised
- Inability to focus
- Overtly pessimistic

Behavioral Symptoms

- Change in appetite
- Procrastinating and avoiding responsibilities
- Increased use of drugs, cigarettes, or alcohol
- Exhibiting nervous behaviors such as pacing, nail-biting, and fidgeting

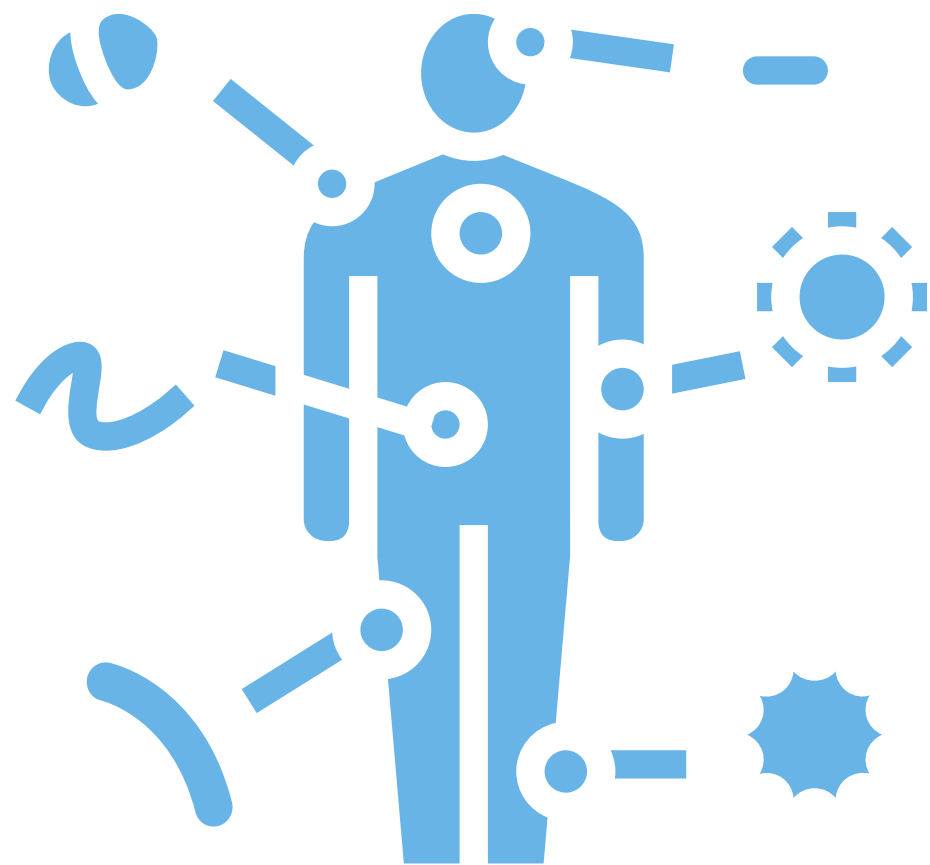
Unpack Burnout





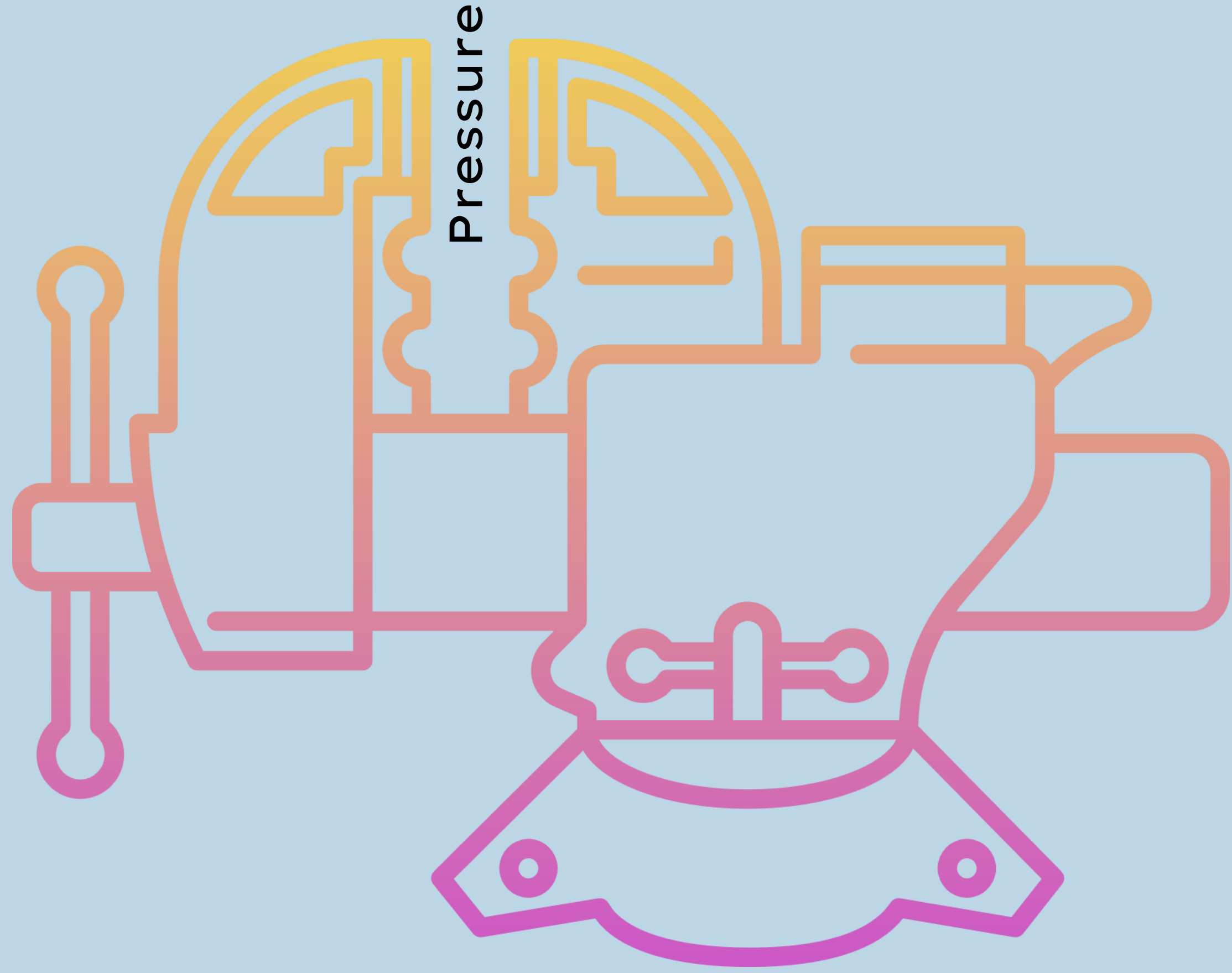
Cortisol & Acute Stress

Cortisol is a stress hormone released by the adrenal glands. It's important for helping your body deal with stressful situations. However, when cortisol levels are too high for too long, this hormone can hurt you more than it helps.



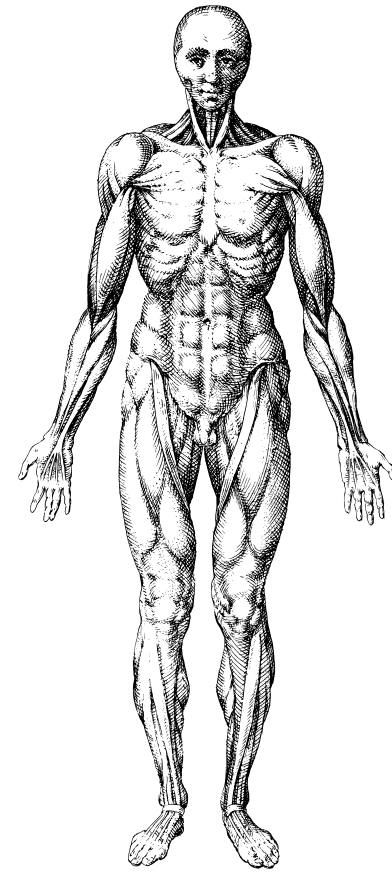
Signs...

- Feeling tired but wired
- Difficulty winding down at night
- Getting a second wind at night
- Fog brain - out of focus
- Gaining weight fast, inability to lose weight
- Aging prematurely (even women in their 30's who have high levels of stress age on average age 10 + years)
- ADHD, ADD
- Depressed -- burn through your happy chemicals
- Stomach problems -- damages the lining of your gut
- Low sex drive -- damages your sex drive
- Hormonal imbalance -- 91% of all hormonal problems are from overactive cortisol





Stor
y



You Are Perfectly Designed

Imagine you are given one car
for your entire life. You can never
trade-in but you can enhance it.

Design



Pressur

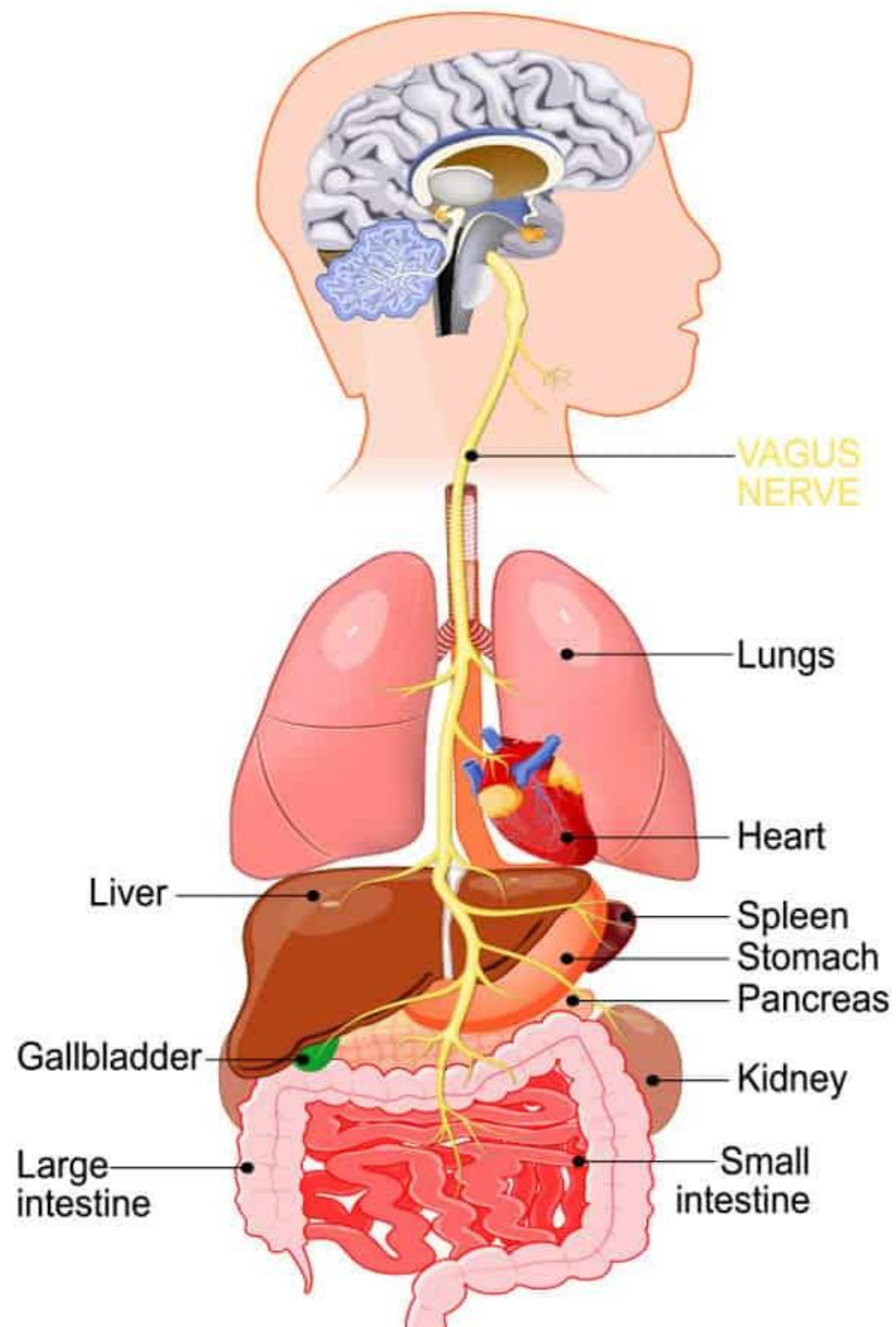
e



...is our access to
Growth

Release





VAGUS NERVE

Cold Exposure

Deep and Slow

Breathing

Singing

Humming

Chanting

Gargling

Probiotics

Meditation

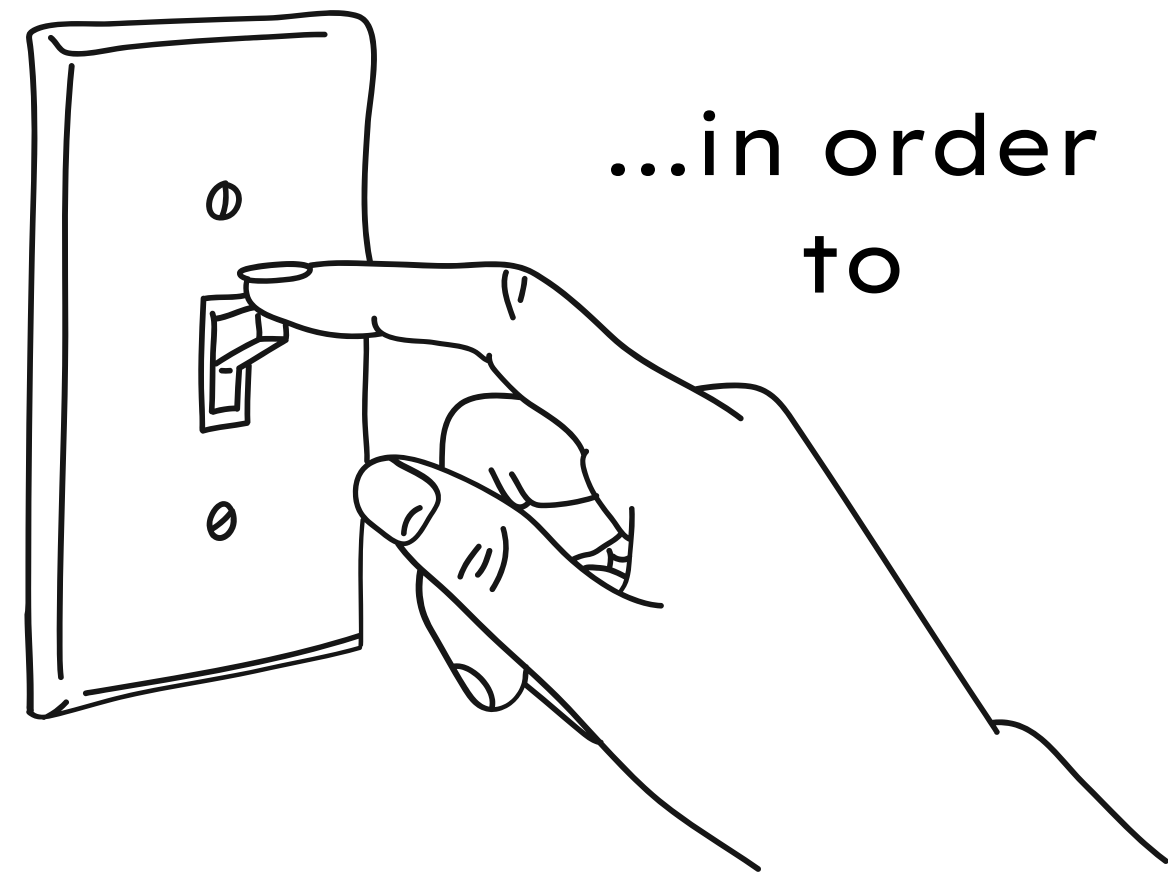
Omega-3 Fatty

Acids

Exercise

Massage

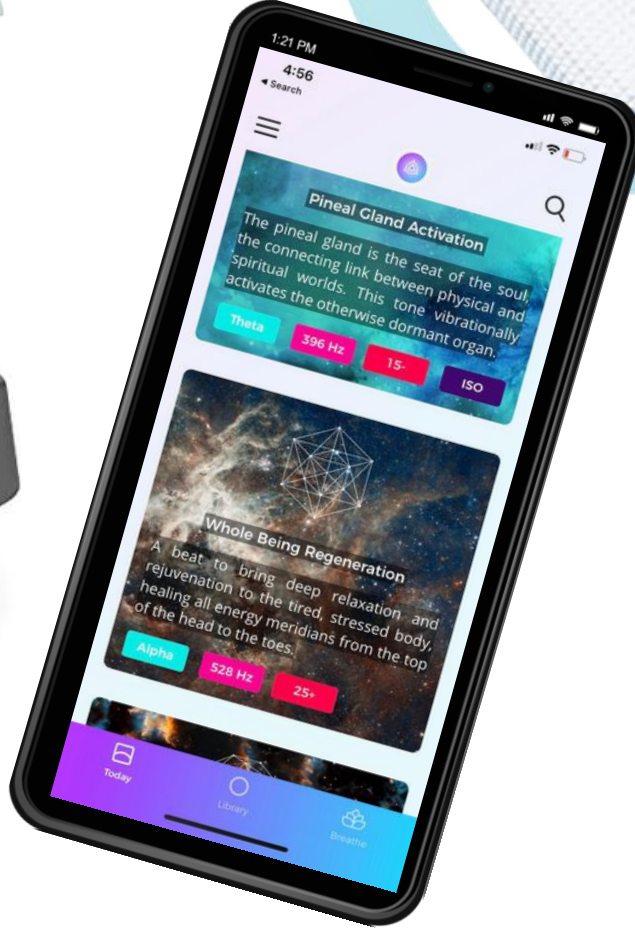
Repair



...in order
to

- P r e s s u r e G r o w t h s p u r t !
- R e l e a s e M i c r o - p r a c t i c e s
- R e p a i r T u r n o f f t o R e p a i r

My Diffusers





AN AWARD-WINNING MEDIA COMPANY FOUNDED BY NFL COACH, PETE CARROLL

Where Caring Meets Performance

audrey@amplifyvoices.co



Questions?