


Adding Fuel To Your Fire at Work

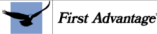
Company name



Ground Rules

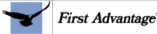
H – honest
O – open
P – participate
E – expect success
S – sensitive to others

Confidentiality – what’s said in this room stays in this room.



Objectives


A definition
 Stages
 Strategies and Tips
 Developing Detached Concern
 Renewal




A definition:


“Exhaustion of physical or emotional strength or motivation usually as a result of a prolonged stress or frustration.”

- Miriam-Webster's Collegiate Dictionary

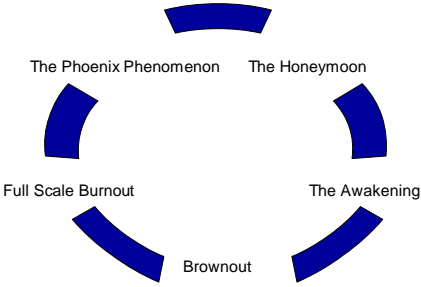


The Path





The Stages



The Phoenix Phenomenon The Honeymoon
 Full Scale Burnout The Awakening
 Brownout

The Honeymoon

The Awakening

Brownout

Full Scale Burnout

The Phoenix Phenomenon

***What to do:
Bend Like A Willow***



Develop Detached Concern

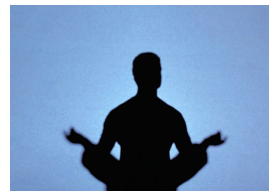


To make new again
To rejuvenate
To refresh

- It takes your mind away from work and redirects your attention in a calm way
- Reenergizes you
- Shifts your state of mind to one of a positive nature

Renewal is **not** working if you feel distracted, irritated, and as though it was a waste of time.

- Incorporate reactive and proactive rejuvenating strategies
- Get help from others
- Experiment with new ways to renew yourself
- You can't be everything to everyone
- Start your day off right
- Don't "yes" yourself into exhaustion
- Eat healthy foods
- Exercise regularly
- Get plenty of rest



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