

When Stress Sabotages Our Passion for Our Work

Presented by Edens Group, Inc.

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Stress Defined

- **Wear and tear caused by life**
 - **Non-specific physiological response to stimuli (pleasant or unpleasant)**
 - **Dangerous to health when unduly prolonged**

Source: Hans Seyle

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Burnout Defined

- **A syndrome of emotional exhaustion, depersonalization and reduced personal accomplishment**

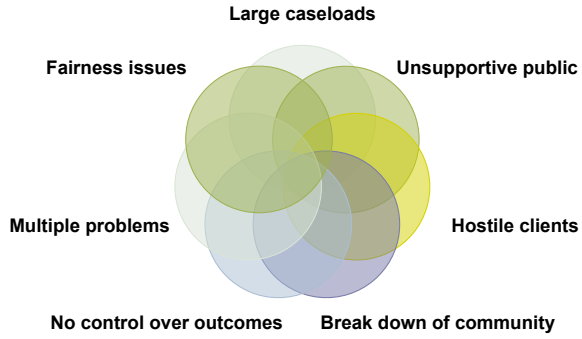
source: Maslach

- **Loss of enthusiasm, excitement and sense of mission in one's work.**

source: Cherniss

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Contributing Factors



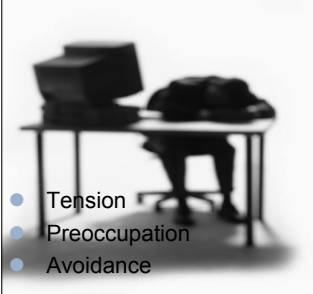
Signs and Symptoms of a Loss of Passion

- A state of tension and preoccupation with an individual or situation
- Reliving the cumulative trauma of clients
- Avoidance or numbing of reminders of a traumatic event

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Summary: What Kills Our Passion?

Compassion Fatigue



Stress

- Life's wear and tear
- Neither good nor bad

Burnout

- Loss of enthusiasm, excitement and sense of mission in one's work

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Physical Symptoms

- Abusing drugs, alcohol, food or ...
- Sleep disturbances
- Hypertension
- Compromised immune system
- Physical exhaustion

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Emotional Symptoms

- Startled easily
- Emotional exhaustion
- Absence of compassion
- Increased irritability
- Unprovoked outbursts of anger
- Feelings of isolation
- Feelings of isolation

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Impact on the Workplace

- Feeling overwhelmed
- Working harder than your client
- Not seeing your client's strengths

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Impact On Personal Relationships

- Personal relationships can and do suffer and are often lost in the midst of unmanageable workplace stress

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Summary

Emotional Indicators

- Anger
- Sadness
- Prolonged Grief
- Anxiety
- Depression

Physical Indicators

- Headaches
- Stomachaches
- Lethargy
- Constipation

Personal Indicators

- Self-Isolation
- Cynicism
- Mood swings
- Irritability with partner/family

Workplace Indicators

- Avoidance of certain clients
- Missed appointments
- Tardiness
- Lack of motivation

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Self-Care and Healing

Physical

- Rested
- Eat well
- Exercise

Relationship (Psychological)

- Self-reflect
- See friends
- Say "no!"

Emotional

- Cry
- Laugh
- Celebrate

Workplace

- Take breaks
- Set limits
- Peer support
- Take vacations

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Positive Strategies

- 👉 Find someone to talk to
- 👉 Name the frustration you feel
- 👉 Implement a wellness and self-care plan

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Strategies That May Sabotage

- Blaming others
- Looking for a quick fix
- Commiserating

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Avoiding Setbacks



Develop a relapse prevention plan



Relapse prevention plan must nurture body, mind and spirit



When you see any symptoms of workplace stress in others or yourself, it is important to say something



Become active in a survivors' support group

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