

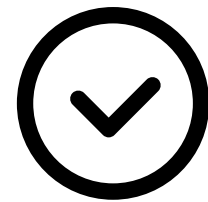


From Burned Out to **Empowered**

LEATHA UDAYABHANU

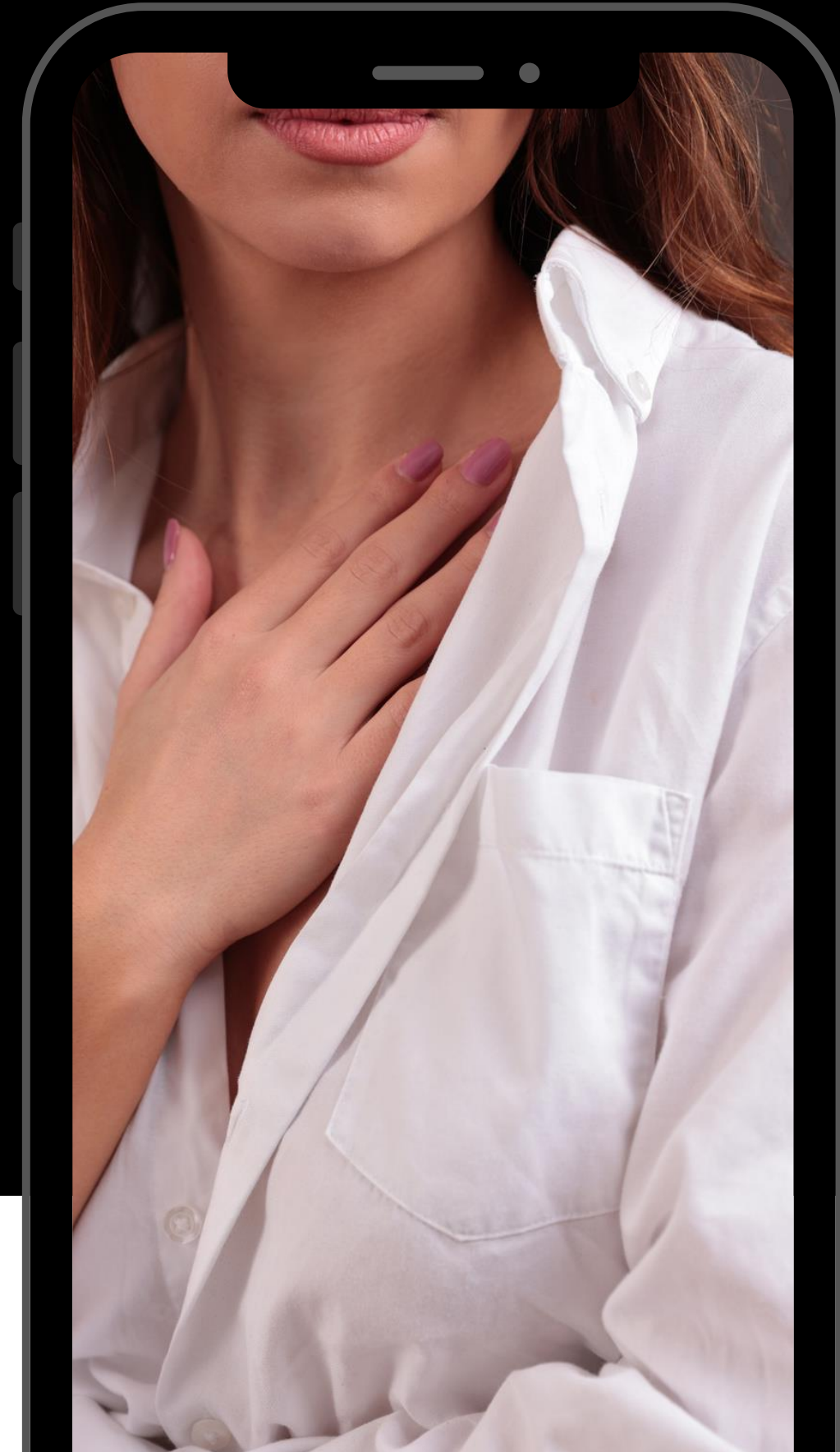
@ESSENTIALLYAWAKE

My intentions for each of you:



to have practical tips to
apply immediately

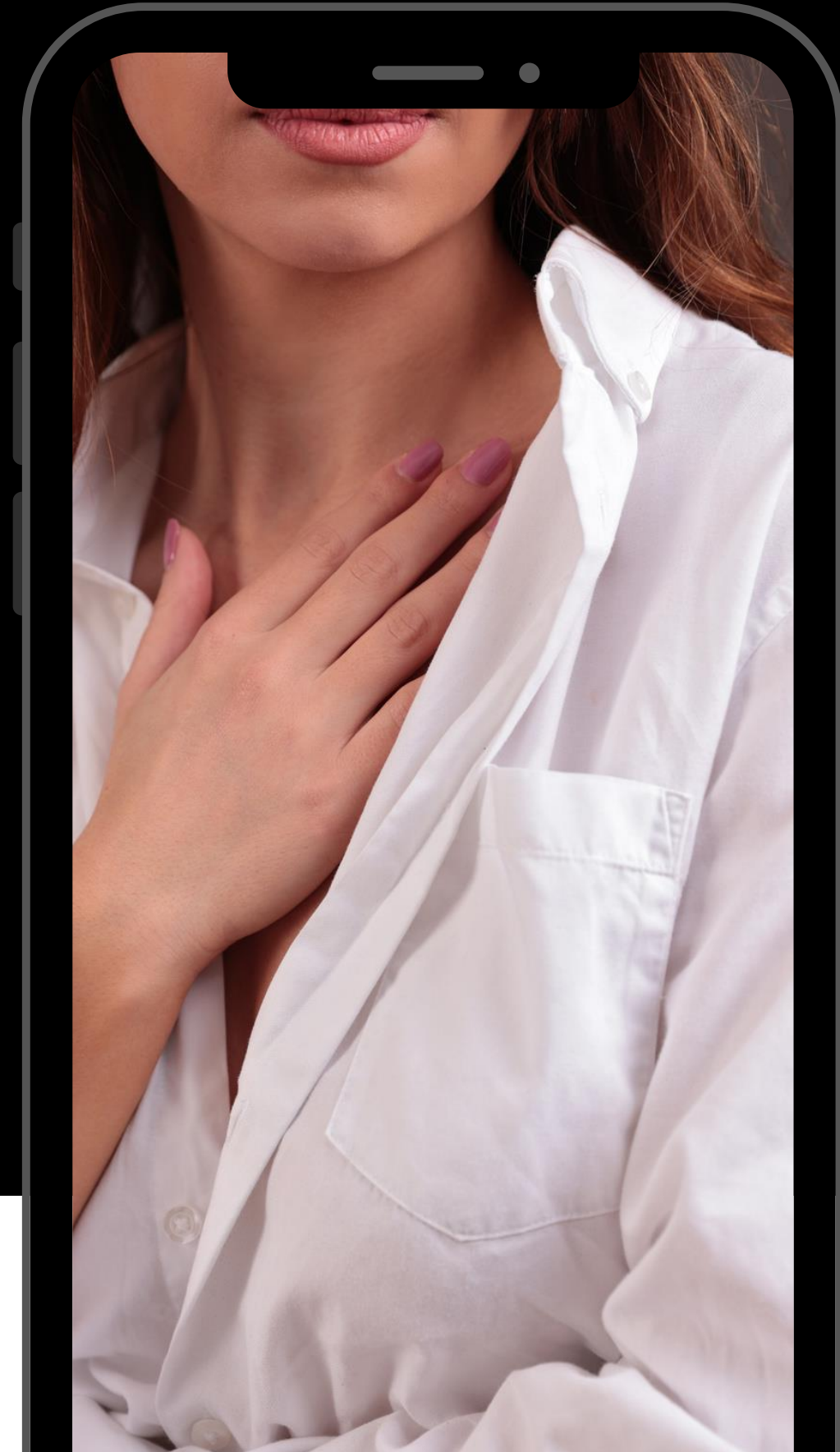
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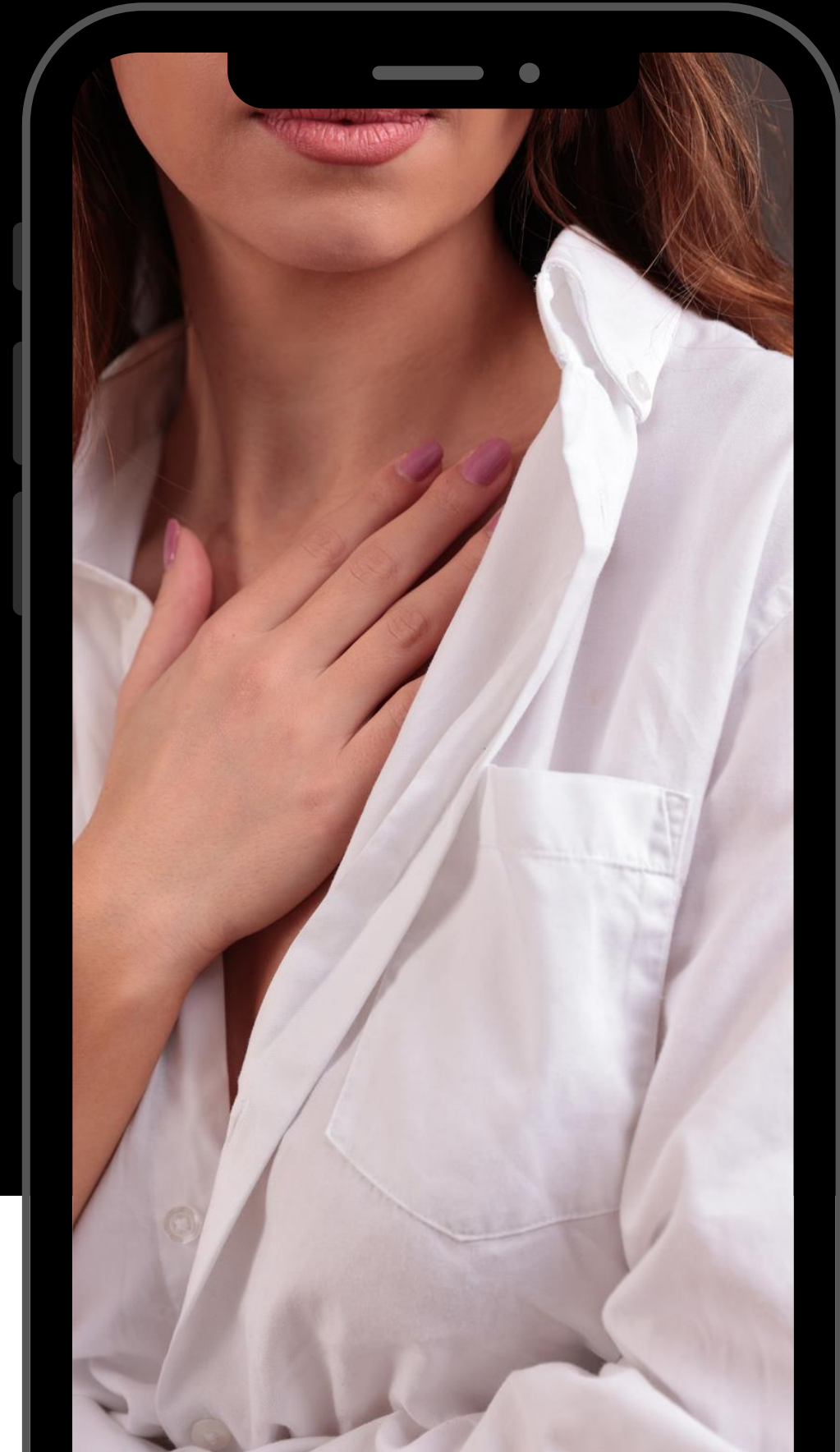
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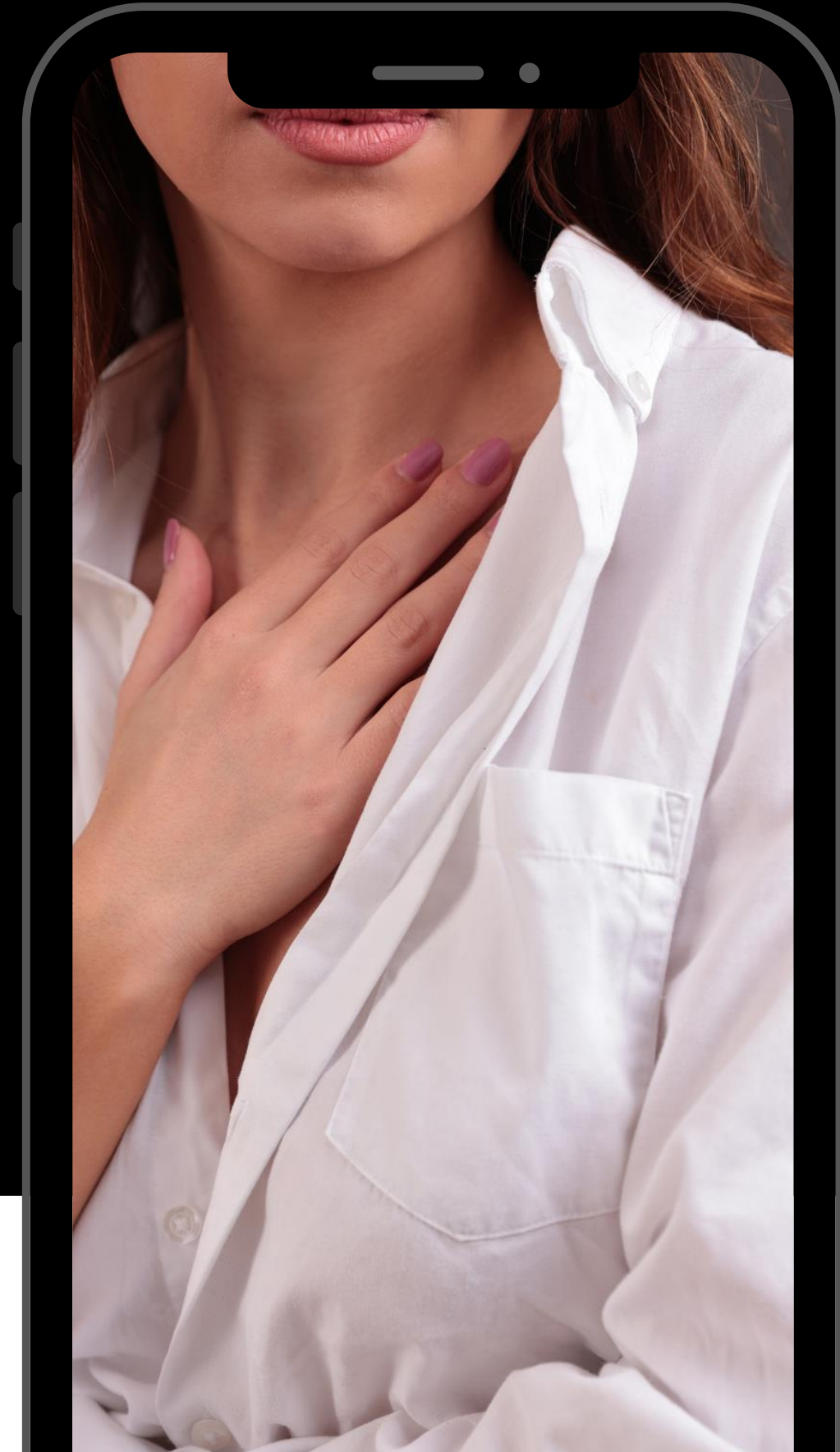
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My intentions for each of you:

- ✓ to have practical tips to apply immediately
- ✓ gain insight into long term changes needed
- ✓ to practice self compassion
- ✓ to practice connecting more deeply to intuition

@ESSENTIALLYAWAKE



A photograph of a forest path. The path is made of dirt and is illuminated by sunlight filtering through the trees. The trees are tall and thin, with green foliage. The ground is covered with green plants and ferns. The overall atmosphere is peaceful and natural.

let us be curious and
gentle with ourselves...

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Enlarges Amygdala

- emotional reactions
- moodiness
- stronger startle response

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- similar damage
- connection between trauma and burnout

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- working memory
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On a scale of 1-10
how burned out are
you?



THREE FACTORS

- exhaustion

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- exhaustion
- cynicism

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THREE FACTORS

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- ineffectiveness



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- Sight of your calendar/to do list upsetting



A person with long brown hair is resting their head on their hand at a desk. In the foreground, there are three disposable coffee cups and a white mug. A laptop is open to the right. The background is a blurred view of a city or landscape. The text "What are your personal signs of burnout?" is overlaid in the center.

**What are your
personal signs of
burnout?**



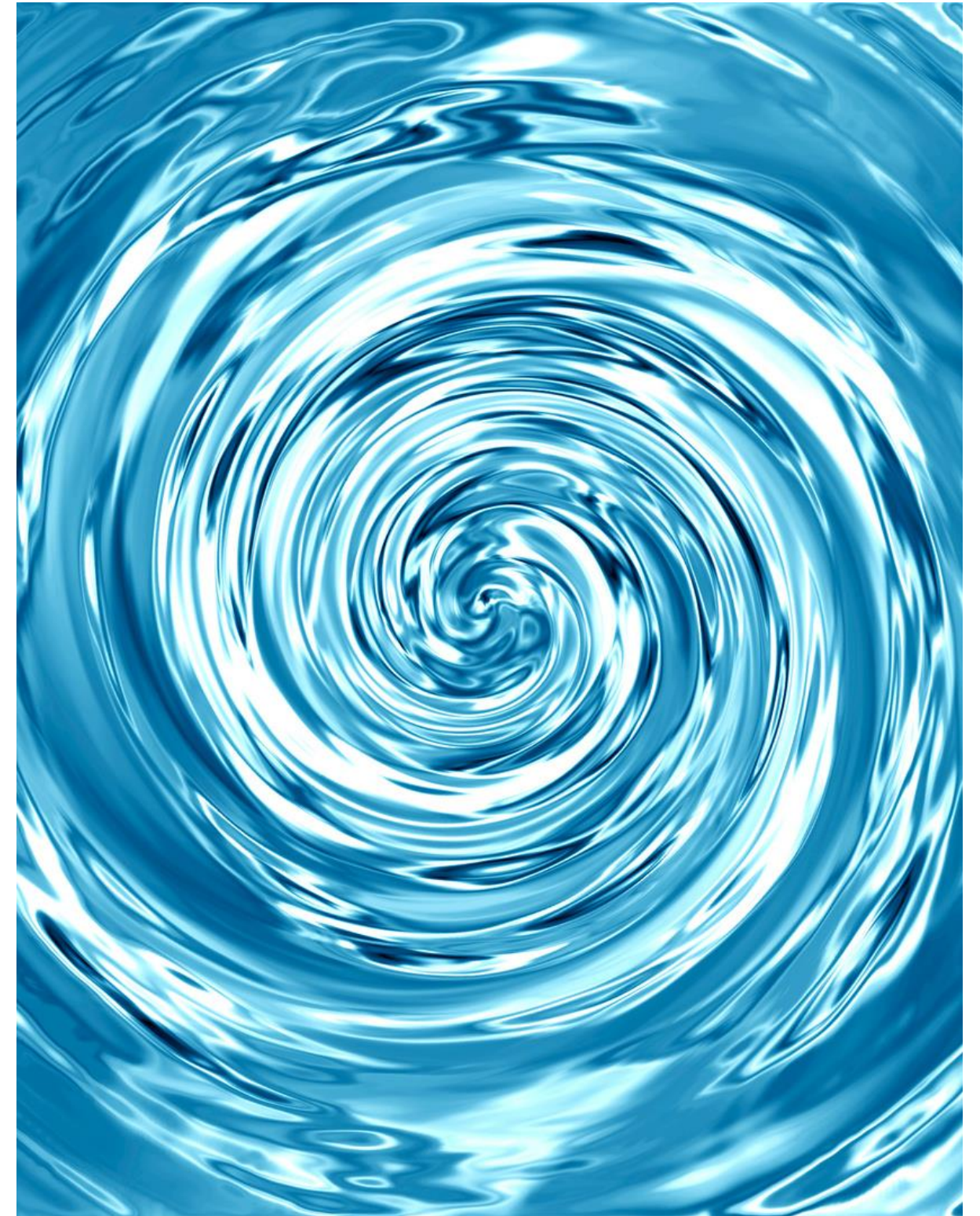
Surge Capacity

- what is it
- how long does it last
- completing stress responses

How do I complete the stress cycle?

7 PROVEN WAYS

- ✓ Cry
- ✓ Breathe
- ✓ Move
- ✓ Laugh
- ✓ Socialize
- ✓ Create
- ✓ Affection



Identities to Consider:

gender

race

religion

**sexual
identity**

culture

ability

**socio-
economic
class**

**family
history**

trauma



what do I need to address long term to thrive?

- Self care
 - Self worth - hustling to earn
 - Self betrayal - continually not acting for our own good
 - Harsh inner critic
 - People pleasing
 - Boundaries NEEDED
 - Neuroplasticity - creativity, movement
 - Rewards/ celebration
 - Accountability/ community
 - Rest - types of rest. Physical, emotional, etc
 - Nourishment - food
 - Exercise
 - Natural rhythm of sleep and activity
 - Nature - outside, oils, plants, etc
 - Gratitude
-

Thank You
for your presence

Get in touch:

