

What *is* burnout?

Burnout is a deep exhaustion that happens when human service workers take care of others for so long that *they stop having energy left for themselves.*

How burnout *impacts* human service workers

There's an easy way to remember how burnout impacts us. Our energy is **SLOPED** downwards:

- S**trained relationships
- L**oss of passion for the work
- O**verwhelm and stress
- P**hysical decline
- E**motional exhaustion
- D**ecreased work performance

What burnout *looks like*

Symptoms of burnout include:

- Depression
- Anxiety
- Changes in appetite
- Irritability
- Emotional exhaustion and numbness
- Social withdrawal

Scan the code for additional resources or visit
www.tefinstitute.org/research/self-care



Practicing self-care
and setting healthy
boundaries prevents
burnout and builds
*better teams and
services*

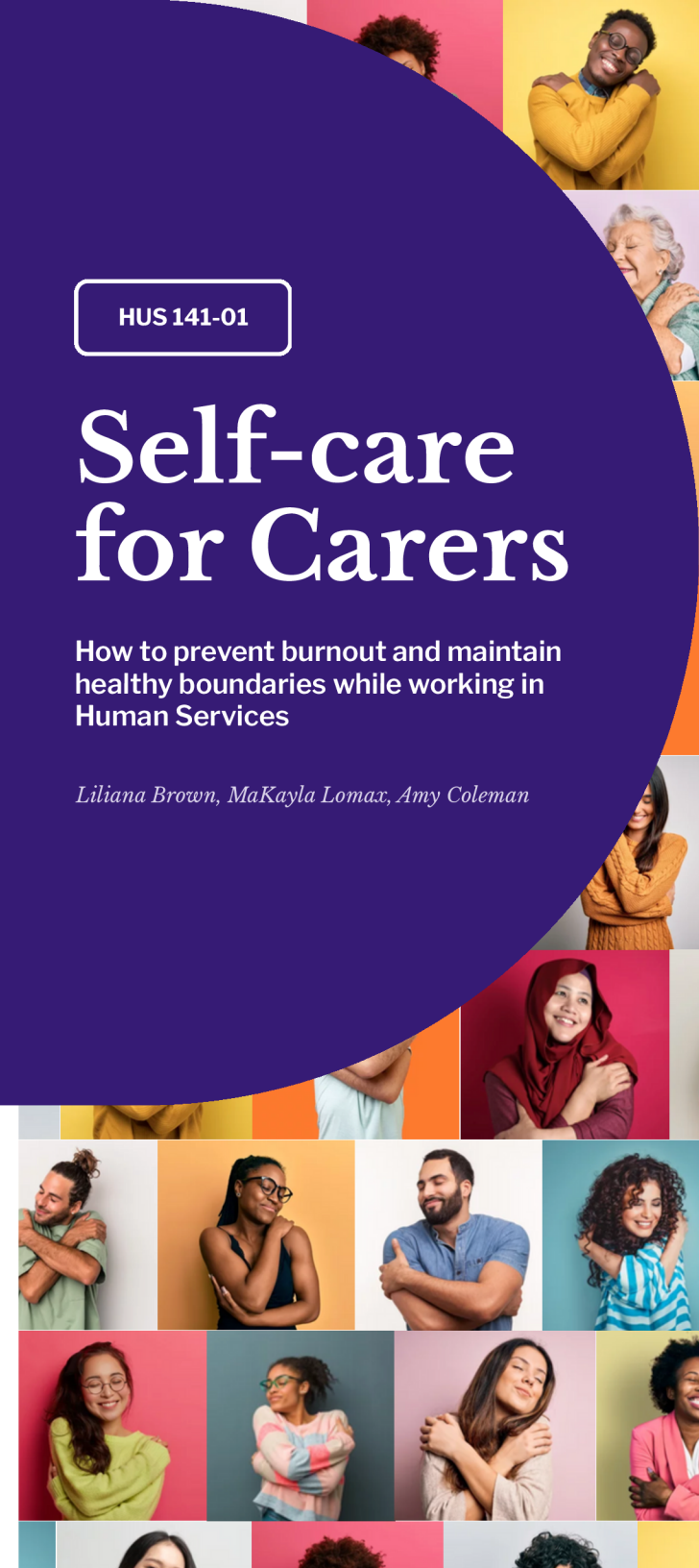


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Self-care for Carers

How to prevent burnout and maintain healthy boundaries while working in Human Services

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Good self-care starts with setting *healthy* boundaries



Preventing burnout with self-care

What *is* self-care?

Self-care means giving your body and mind what they need to stay healthy. It includes rest, sleep, hydration, nutrition, personal hygiene, and *staying grounded and emotionally regulated.*

Mindfulness and reflective journaling self-care techniques

Mindfulness helps people slow down and regulate their emotions during stressful moments. Reflective journaling supports self awareness and emotional processing.



What are *healthy* boundaries?

Boundaries allow you to act in accordance with your own values and needs *so you can stay emotionally regulated without controlling others.*

I focus on rest after work, so I don't answer emails after 7pm

When I become dysregulated, I will take ten quiet minutes for myself to practice mindfulness

I won't take an extra shift if it would make me miss my therapy

Set boundaries with good *communication*

Standards

Set standards that reflect your values and needs as a baseline:

"I need calm to think clearly, so I won't let others scream at me to get something."

Expectations

Set expectations around the way you want others to treat your standards:

"I expect to be given time to decompress and document an incident report after a crisis."

Limits

Set limits to communicate your expectations to others:

"Don't expect an immediate reply when I am taking time to decompress."

Communicating your needs *clearly* and *authentically* helps you take better care of yourself