

# THE MINDFULNESS SOLUTION:

*Turning Burnout into Balance*



# The BASICS of BURNOUT



URGENT-  
CALL DIRECTOR

Things to review  
-staff stuff for meeting  
-planning for other stuff  
-probably more things

### DO LIST:

- INTERVIEW
- PHONE CALLS
- CHECK NOTES
- EMAILS

### NOTES FROM MEETING

- this meeting is pointless
- I wish I was sleeping
  - I need coffee
  - Why is this meeting
  - I'm so bored it hurts
  - I have so much to do tomorrow

COMPLETE BY  
TOMORROW  
AT 8AM!!

### Phone calls:

555-856-4545  
555-898-4123  
555-745-1236

- referrals to BNJ
- blank forms
- call Bob Johnson
- compliance issues

How to tell if you  
are burnt out



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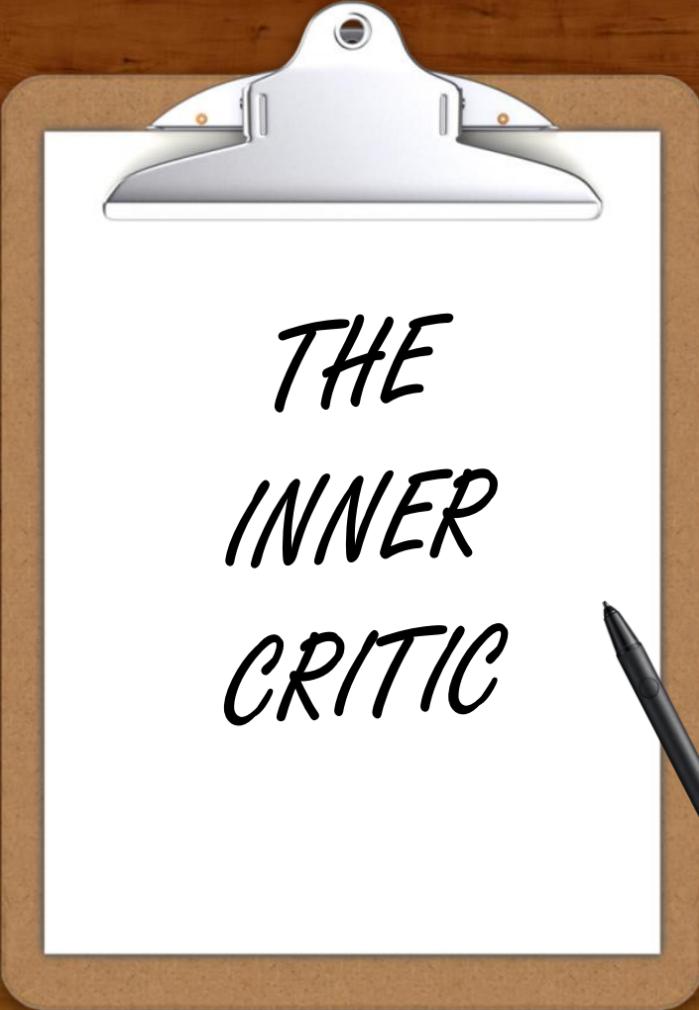
# GROUP ACTIVITY





BURNOUT

BEYOND  
the  
BASICS



*THE  
INNER  
CRITIC*

SPENDING  
TIME  
MINDLESS



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# MINDFULNESS

is..

- Being present, right here, right now.
- Awareness and acceptance.
- Can be done anywhere at anytime by anyone.

# MINDFULNESS

is NOT...

- Easy without practice.
- Losing yourself in thought
- A way to escape life.
- Eliminating "negative" feelings, thoughts or emotions.

# MEDITATION

is...

- A practice of training the mind.
- Learning to "zone in."
- Attention and acceptance.
- Learning to be non-judgmental of thoughts.
- A skill that requires practice.

# MEDITATION

is NOT...

- EASY (at the beginning).
- Making your mind "blank."
- Only a religious or spiritual people.
- Only for people who are good at concentrating.



DEVELOPING  
PRESENT  
MOMENT  
AWARENESS

# GROUP ACTIVITY






*Observing your  
thoughts*





Awareness of  
Self Talk



...and the  
inner critic

# GROUP ACTIVITY



USING  
MINDFULNESS

and meditation  
practice

TO PREVENT  
BURNOUT





*MINDLESSNESS  
TO  
MINDFULNESS*

AWARENESS



ACCEPTANCE



ATTITUDE

# GROUP ACTIVITY



PRACTICE,  
PRACTICE,  
PRACTICE



WHEN DO I FIND  
THE TIME??



HEADSPACE



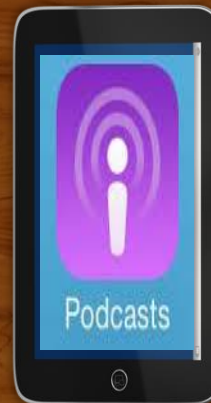
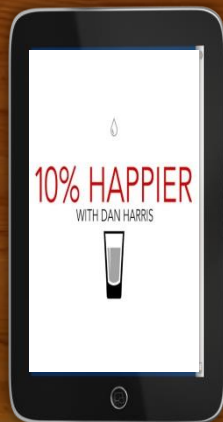
AUDIBLE



10% HAPPIER



PODCASTS



# TIPS



- Adopt the mindful attitude
- Awareness of mind/essness
- Acceptance of what IS
- Practice, practice, practice
- Relieve stress through meditation

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