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Tips for Relighting After Burnout: Energizing Self and Others

By Eileen McDargh, CSP, CPAE

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The current environment brings additional stress to our homes and offices. You all probably know some of the symptoms. Here are but a few. Check them off and then consider some actions.

Some Burnout Symptoms:

- . Work leaves you physically and emotionally drained.
- . You feel like you are accomplishing less and doing more.
- . You put your work first but no one appreciates your efforts.
- . You've lost your sense of humor and playfulness.
- . You find yourself short-tempered and angry.
- . You go on vacation but the feeling of overwhelm comes back immediately upon return.

What can you do to gain a sense of control? Consider just some of these options:

- . Hold certain times sacred. Mark off a period of time for yourself on your calendar and treat it with gold.
- . Learn to say "no" by creating realistic boundaries. Speak up when you are overwhelmed. Remember, no one but YOU knows what you really do in the course of a day. Establish limits that honor the needs of the people around you while preserving the integrity of what you can honestly do.

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- Create a workspace that nurtures your soul. Whether it's filled with pictures of the grandkids or flowers from your garden, this space must speak of you.
- Exercise to burn off stress.
- Allow 15 minutes in the morning just for you. This is quiet time for centering, breathing, preparing for the day. You'll be glad you did.

Remember: you are the captain of your ship. Pay attention to the wind and waves.

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Eileen McDargh, CSP, CPAE, is an international speaker, author and seminar leader. Her book 'Work for A Living and Still Be Free to Live' is also the title of one of her most popular and upbeat programs on Work/Life Balance. For more information on Eileen and her presentations, please call 949-496-8640 or visit her web site at <http://www.eileenmcdargh.com>.

Cure Your Burnout!

By Megan Corwin

Do you ever get those Sunday night blues? Dreading the week ahead, feeling the daily grind just draining away all of your energy before the week even starts? Or what about those days where you just feel like you are going through the motions and not really being present in your own life?

We've all been there - burned out.

Recently I received the following email:

I work from a home office and my last year has been very busy. I've needed to put in some very long hours. Lately, I've been feeling pretty burned out. How can I rejuvenate my excitement in the work that I really do love? And any tips on how to avoid burn out in the first place?

Here are some ideas for a quick shot in the arm:

Enroll in a class or learn a new skill related to your field. Doing something new and out of the ordinary can be a great energizer. Don't have the budget for training? Check out www.teleclass.com; many of their offerings are free.

Change your routine. Try doing your usual morning activities in the afternoon and vice versa. This simple change can make a big difference.

Award yourself "comp time." If you were working at a corporate office you'd be rewarded with overtime

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pay or comparable time off from work. Be sure to do this for yourself. Schedule an afternoon to go to the zoo or meet a friend for lunch. You'll find when you are refreshed you work much more effectively. I'm sure you've heard this many times, but be sure you actually *do it*.

Suggestions for avoiding burn out:

Hate paying bills? Despise returning phone calls? Then why do it? Outsource those tasks that really drag you down and keep you from doing the activities you enjoy. Consider hiring a virtual assistant.

Reward yourself. A major cause of burnout is feeling like your hard work is not being recognized or appreciated. If you work at home and are your own boss, you may not be getting the kudos you deserve. When you land a big client, treat yourself to a professional massage or dinner at a nice restaurant. When you do something significant, print out a certificate of achievement for yourself and display it where you can see it.

Don't allow yourself to be a burnout victim! Take action today or prevent or treat your burnout — both you and your business will benefit.

Written by Megan Corwin, Personal Coach. Visit

or email

to schedule your complimentary 30–minute coaching session and to find

out how a personal coach can help you have more time and energy for the things you enjoy.

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