

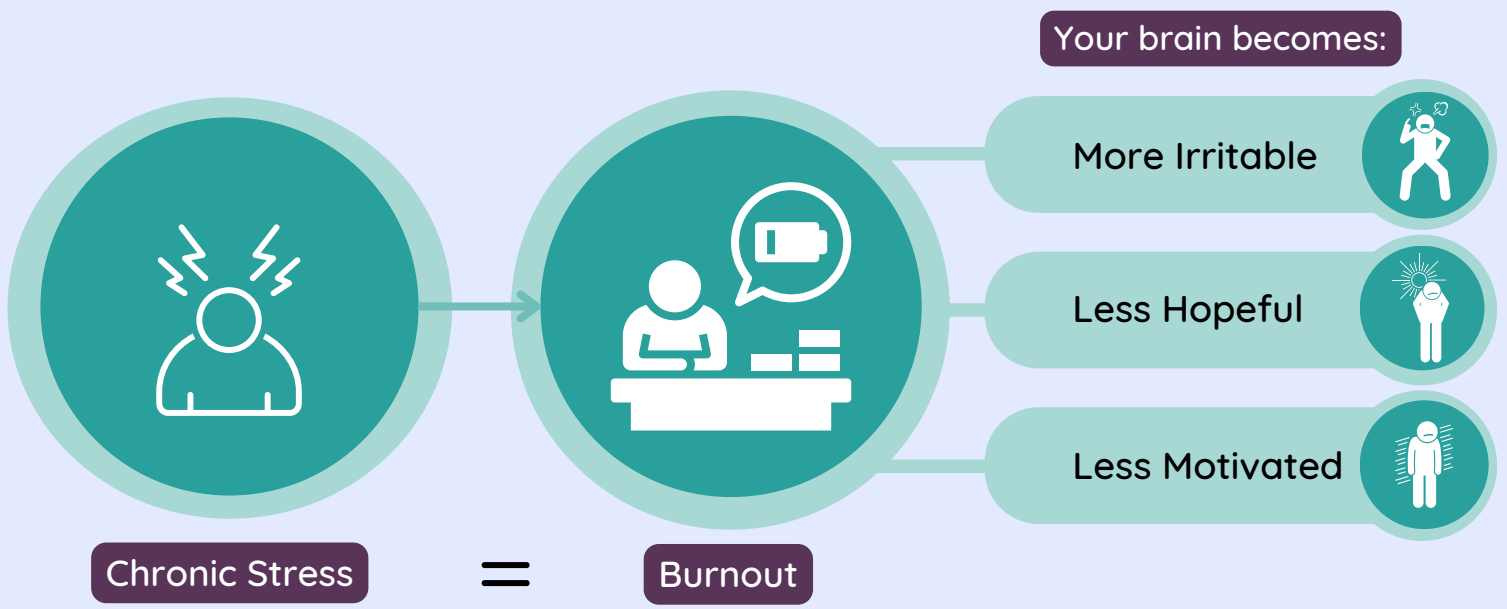
How Burnout Changes Your Brain—And What To Do About It

How are you feeling lately?

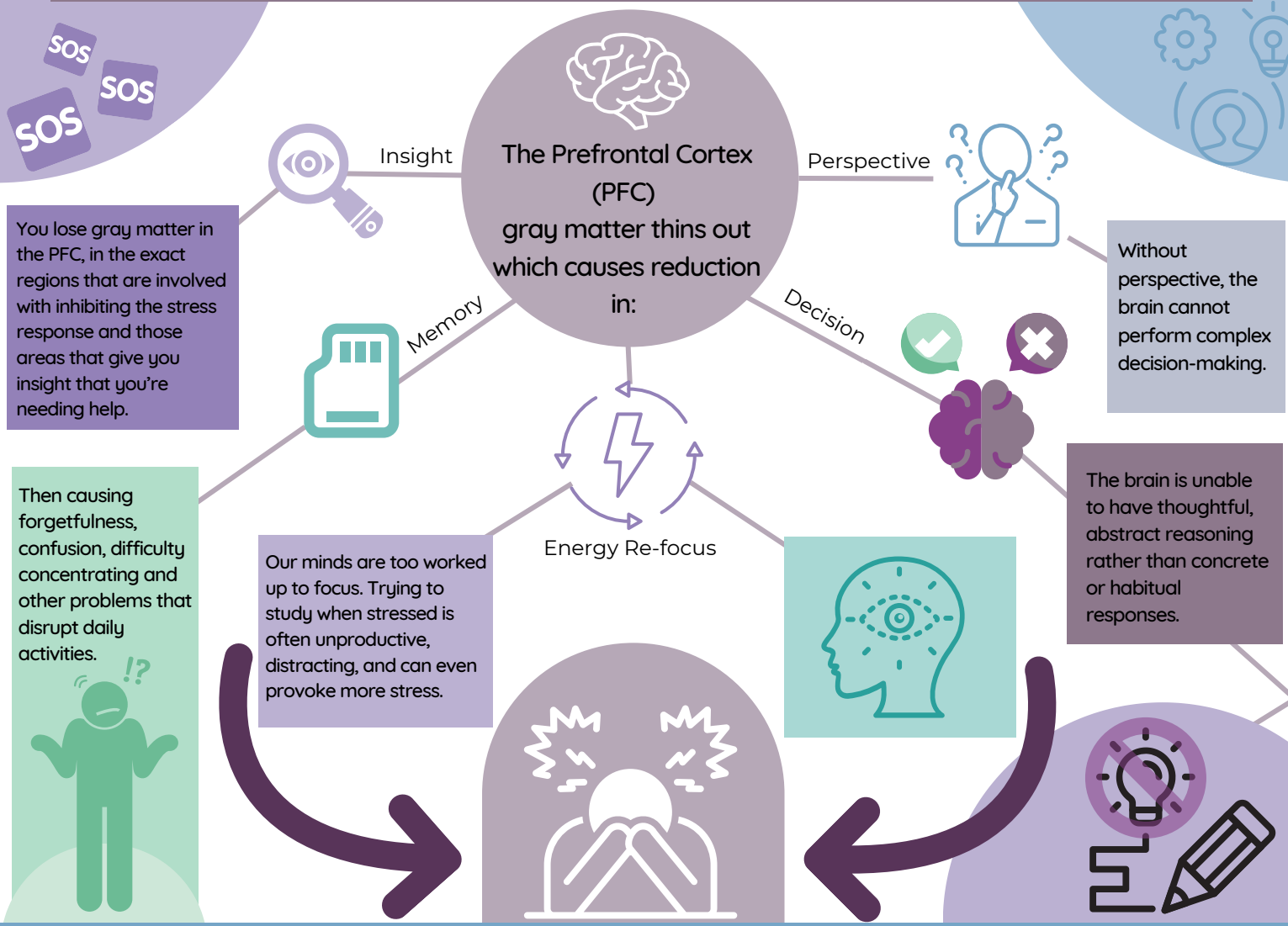
Is your energy level lower than usual? Do you feel less connected to others and the world around you? Is your self-esteem plummeting? Are you being harder on yourself than usual, being disappointed in yourself in general, or when you're irritable with others?

If you answered yes to these questions, chances are good you're burned out.

Before we dive into the cure, let's look at what's likely happening in your brain.



What is impacted in the brain when burnout takes place?



What is causing your burnout?

Exhaustion?

Disconnection?

Demotivation?

1 - Take Stock

Take our self-care assessment. Then check out our motivation infographic and note where you need support. Then ask your support system for it.

2 - Take A Break

When you take a break, you're asserting some control over your emotional state. Because we are in control of our responses, this strengthens our ability to bounce back from a stressful episode.

3 - Meditate

Harvard proved years ago that meditation increases cell density in the PFC and Hippocampus and decreases cell density in the amygdala. 20 minutes/day will yield this benefit in about 6 weeks.

4 - Connect With Others

Compassion toward others is super effective to help restore one's sense of belonging (mentor someone, volunteer, or find patience/understanding for others). Next, notice where you experience a sense of achievement, and ensure you feel achievement daily.

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