

The BURNOUT QUEENS

Toby Silverton, PhD   Bev McLagan, PhD



THE BURNOUT QUEENS' ESSENTIALS WORKBOOK~ "GET THE SKINNY ON BURNOUT"

Video 1: You Don't Have to be a City Girl to Burn Out

Video 2: The One-Minute Fairytale: A New Twist on the Phases of Burnout

Video 3: Let's Get Clear! Is it Stress, Burnout or Depression?

The Quiz: Am I Burned Out or Just Slightly Overdone?

List: Simple Symptom Checklist

Exercise: Take 5!



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Get the Skinny on Burnout

You Don't Have to be a 'City Girl' to Burnout

Could I be burning out?

- ▶ Life feels like a pressure cooker.
- ▶ You feel overwhelmed, exhausted & drained.
- ▶ You are stretched beyond belief.
- ▶ You work like a maniac but get less and less done.
- ▶ Sometimes you don't want to face another day.
- ▶ People are beginning to drive you crazy.
- ▶ Overall life feels pretty out of control.

What burnout is not!

- ▶ Burnout is not about the **stuff** in your life, burnout is about **YOU**.
- ▶ Burnout is not about **juggling too much** or having too much to do.
- ▶ Burnout doesn't mean you **can't handle stress** well.

If it's not about juggling...what is it?

Burnout means you:

- ▶ want to prove yourself
- ▶ need to do a good job (maybe even a perfect one)
- ▶ set your own inner bar really really high
- ▶ experience a reality gap
- ▶ end up disappointed, discouraged and disillusioned

And that is burnout.

You don't have to be a 'city girl' to burn out!

(or in North American terms: A “Wall Street” girl!)

- ▶ You don't have to work thousands of hours or make gazillions in bonuses to burn out!
- ▶ You don't have to be the head of an international corporation or a neuro-surgeon.
- ▶ When is burnout most likely to hit? 40-ish to 60-something
- ▶ You do have to be smart, creative and highly sensitive.
- ▶ Dopes don't burnout!
- ▶ Burnout is still poorly understood outside the corporate world.
- ▶ Media & culture gave us... *“I'm soooooo burned out!”*

Can I burnout from underperforming?

You bet you can! We call it **'flatlining'**.

- ▶ You are not working up to your potential
- ▶ You may be under-employed or in a bad-fit job

As a result you are unmotivated, unenthusiastic, and uninspired. You feel like a sloth.

Life is wearing you down

- ▶ You feel weighed down and worn out by always being the responsible one.
- ▶ Why does everybody rely on you? You are a super-coper.
- ▶ You are conscientious, responsible, sensitive, and nurturing.
- ▶ You will get things done and you will make sure everyone is taken care of.
- ▶ Like waves relentlessly pounding on a cliff, eventually something will give.

We are here to help you find your way back from burnout!

You need to know what burnout is, understand what is fueling your exhaustion and stress, and finally begin to dream again.



Never Burnout Again!

Stop living a burnout lifestyle and live burnout free forever!

Burnout > Balance > Bliss???

Absolutely!

Take the Quiz: Am I burned out...or just slightly overdone?

- ▶ Time to find out if you are burned out.
- ▶ Download your bonus quiz and do it now.
- ▶ Don't say you don't have time for it! It will only take 5 minutes.
- ▶ The Quiz will show you how burned out you really are.
- ▶ You need to know if you want it to change.



Grab Life by the Crown

Love Dr Toby & Dr Bev



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The One-Minute Fairytale:

A New Twist On The Phases Of Burnout

Once Upon A Time...The One-Minute Fairytale

As girls we are raised to believe in the fairytale. Unfortunately, the fairytale sets us up to burnout over and over again.



Just Like Poor Old Cinderella

- ▶ Burnout is about **disappointment** and **disillusionment**.
- ▶ When the dream isn't turning out, you work harder and harder, swearing next time you will get it right and it will all turn out perfectly.
- ▶ The slipper will fit and you get to wear the crown!

BOQ Theory Of Burnout In 4 Phases

Waaaay back in the 1970s burnout was first described as a series of 12 stages that mainly happened to men in suits.

We talk about **4 Phases** because we believe that simpler is better.



Phase 1 – I’m Going To The Ball!

- ▶ You are driven by an ideal, dedicated and committed.
- ▶ You are out to prove yourself.
- ▶ You work like a crazy lady and take care of everyone.
- ▶ You spend little time or energy on yourself.
- ▶ Exhaustion and discontent start to replace hope and optimism.

What To Do For Phase 1 Burnout

- ▶ Getting over burnout means changing habits, beliefs, and attitudes.
- ▶ Let's start small with a super-simple strategy you can use right away!
- ▶ Slowing down before you react saves you energy and hassles.

Take 5!

- ▶ 5 minutes to cool down before reacting
- ▶ 5 deep breaths to recharge your battery
- ▶ Seriously, count to 5 before speaking or responding

Phase 2 - What Do You Mean The Slipper Doesn't Fit!

It's **Phase 2** and that means...

- ▶ You didn't expect it to end up this way!
- ▶ You are no longer the 'happy to please princess.
- ▶ You feel miserable and unhappy but you are not sure why.
- ▶ You are moody, touchy, cranky and definitely frustrated.

The slipper didn't fit and you are disappointed and discouraged.

And another thing...you are fed-up with the demands of the Ugly Step-sisters!

What Can I Begin To Do?

- ▶ Start small and begin to take care of a few of your needs.
- ▶ First you have to admit you don't take care of yourself.
- ▶ Be boring! Remember to eat well, drink water and get to bed on time.
- ▶ Add a little exercise and 10 minute breaks to catch your breath .

OWN IT AND YOU CAN CHANGE IT!

SMALL CHANGES EQUAL BIG IMPACT.

THERE IS NO SHAME IN BURNING OUT.



Phase 3 - OMG I'm Becoming One Of The Ugly Step-Sisters!

- ▶ You hardly recognise yourself anymore!
- ▶ You are beyond cranky!
- ▶ You secretly want to tell everyone that they are idiots!
- ▶ Your memory is shot!
- ▶ You look and feel a wreck.
- ▶ You are relying on some 'false cures' to feel 'better'.
- ▶ You feel like you are spinning your wheels.

Welcome to the Hamster Wheel!

What To Do If You Are In Phase 3

- ▶ Forget about proving to everybody that you are fine...YOU ARE NOT.
- ▶ You need to get serious about making changes if you want to reverse the effects of burnout.
- ▶ Cut back on any 'false cures' you may be using.
- ▶ Start slashing your 'to do' list.
- ▶ You have permission, go ahead and avoid what you can.

Phase 4 - Why Bother, The Prince Is Gay !

Phase 4 burnout and the fairytale is near dead.

- ▶ You are too tired to think about change.
- ▶ You feel on the verge of collapse.
- ▶ You may experience increased anxiety, panic attacks, phobias or even passive suicide thoughts.
- ▶ It feels like there is no 'You' left.

Act Now For Phase 4

- ▶ Get over your pride! You are not o.k.
- ▶ Stop telling yourself that your symptoms will ‘just go away’.
- ▶ Get rest.
- ▶ Your body may tell you you are not hungry, but eat.
- ▶ Not thirsty, so drink water.
- ▶ Can’t sleep, so lie down and rest anyway.
- ▶ Avoid meditation, you will not be able to concentrate.
- ▶ Do try deep breathing.

Understand That Phase 4 Burnout Can Be Life Threatening.

- ▶ You can become seriously ill physically.
- ▶ You will probably feel depressed and sad.
- ▶ you are physically exhausted.
- ▶ You feel like giving up on your life (we don't mean suicidal).
- ▶ Psychologically you do not believe it can change. IT CAN.
- ▶ Spiritually, you have lost hope and optimism.

Get help and support now!

Burnout Is A Gift! (Oh Yes It Is!)

- ▶ That's the brilliant news!
- ▶ Burnout is an opportunity to change how you live your life.
- ▶ Learn new life skills, new stress management abilities, new attitudes, beliefs and a firm set of values.
- ▶ Begin living from your strength, sensitivity, spirit & energy.
- ▶ Rediscover, reimagine and recreate your future.

Sound Too Good To Be True?

Life after burnout is bliss!



Check Your Burnout Level One More Time

- ▶ Download the **Simple Symptom Checklist** and answer it honestly!
- ▶ You need to own and understand your unique set of burnout symptoms.

It's Never Too Late To Live Happily Ever After...Without Burnout!

It's never too late to live happily ever after





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Let's Get Clear:

Is It Stress, Burnout Or Depression?

I'm Not Burned Out...It's Just Stress!

- ▶ We should be able to cope with everything and anything 'cause after all...it's just stress!!!
- ▶ Are stress and burnout different? Absolutely!
- ▶ Culture (media) uses these words interchangeably and that's a problem!

Burnout Cannot Be Cured With 'A Good Cup Of Tea'!



▶ Let's Get Clear: Is It Stress, Burnout Or Depression?

Stress Is...

- ▶ Stress is good!
- ▶ There is good stress and bad stress and we need both!
- ▶ Stress is our body's **primitive physiological response**.
- ▶ It tells us when to fight and when to run for our lives!
- ▶ We need this basic survival mechanism.

Jungle Skills In An Urban World

- ▶ We were built to deal with a world full of dinosaurs.
- ▶ Problem is...we were not designed to deal with today's pressure packed world.
- ▶ Our coding for stress hasn't changed, but the world has!
- ▶ Our body gets ready for physical action, think slay the dinosaur!
- ▶ It's like using Jungle Skills in an Urban World.

Stress Can Be Serious

Why?

- ▶ No dinosaurs left to fight means we are left with a body that is hyped and primed for action.
- ▶ No release for physical tension means being stuck with a buildup of mental and emotional stress.
- ▶ Stress build-up makes us feel burdened and exhausted.
- ▶ Stress can cause physical symptoms ranging from headaches to heart problems.

Can Stress Become Burnout?

- ▶ Yes it can.
- ▶ The accumulation of stress over a period time can lead to burnout.
- ▶ **Big BUT! Stress on it's own won't lead to burnout.**

Women's Reality

- ▶ Girls are raised and trained to believe we can't handle stress 'right'.
- ▶ We are either 'too' emotional or 'too' aggressive.
- ▶ victim or b*tch
- ▶ This leaves us at risk for more symptoms of stress.

The Burnout Recipe

- Start with stress and pressure
 - Throw in a heaping handful of helplessness
 - Add a pinch of powerlessness

Slowly but surely stir in a Burnout Personality and you have the **no-fail recipe for becoming a Burnout Queen!**

Stress vs Burnout

- ▶ Stress is a **response**.
- ▶ Burnout is a pattern related to a **lifestyle** you lead.

Is Burnout The Same As Depression?

- ▶ Good question...Easy answer...**NO!**
- ▶ **Big BUT!** Burnout is easily mistaken and misdiagnosed as depression.
- ▶ Many of the symptoms look similar and it definitely feels depressing to be burned-out.

Burnout Does Not Need To Be Cured Or Medicated!

- ▶ Doctors of medicine (traditional & complimentary) often do not understand burnout.
- ▶ Doctors look for symptoms that they can treat.
- ▶ Quick fix solutions cover-up symptoms in the short term but delay your road back to health & happiness.
- ▶ There is no 'magic pill' for burnout.

How Do We Tell The Difference?

- ▶ For the woman with **depression** life is bleak, with no future. You do not believe it will ever ever change.
- ▶ The woman with **burnout** looks forward to the future and all that it offers 'if only' the present stress-filled situation would change.

Bye-bye Burnout!

You can live a burnout-free lifestyle forever. You need:

- ▶ self reflection
- ▶ a new set of proactive coping skills
- ▶ understanding of your burnout personality
- ▶ to embrace your sensitivity, personal power, and strength

Burnout is a gift

How could we possibly believe this? Because burnout is:

- ▶ a time of transformation
- ▶ your opportunity to reclaim your true unique self
- ▶ a chance to change the way you live your life,
- ▶ your invitation to create a future that ultimately leads you to bliss.





Check out our classes, programmes and bonuses that can take your life from burnout > balance > bliss!



Grab Life by the Crown

Love Dr Toby & Dr Bev

Am I burned out...or just slightly overdone?

Think about your life over the past 6-12 months, at work and at home. Answer the following questions... “No – Sometimes – Yes”

1. Are you working harder and harder and getting less and less done?
2. Are you “just too busy” to return phone calls or emails, read the report, visit with friends, or drop by to see family?
3. Have you developed a “could care less” attitude about stuff, people, things?
4. Has your ability to concentrate dropped?
5. Is your memory shot: do you keep forgetting simple things like appointments, car keys, where you parked, words?
6. Have simple, familiar tasks become ‘too much’ or feel like ‘the last straw’?
7. Are you putting more and more off, procrastinating or postponing?
8. Do you feel drained, fatigued and tired more than you feel rested and refreshed?
9. Has your sleep pattern changed? (sleeping more, having difficulty falling or staying asleep)
10. Does it feel like your body is giving out? Are you getting more headaches, muscle tension, digestive upsets, colds, viruses, overall aches & pains?
11. Have you stopped laughing at yourself or the funny side of anything?
12. Are you finding yourself irritated and/or bored with people?

13. Do you daydream about running away to a tropical island or joining a circus?

14. Do you feel like you've blown a fuse?

15. Has it become more desirable to spend time alone than be with others?

If you said **NO to the majority** of these questions you are clearly doing great. So pass this on to someone who you know needs it! Burnout is not a word you need to apply to yourself at this point in life. Keep doing what you are doing!

If you said **SOMETIMES to the majority** of questions...Heads up! You are clearly stressed, probably living a burnout lifestyle and you may be on the path to burnout. You need to make some changes so you can reverse your direction.

If you replied with a **50/50 split of SOMETIMES & YES** you are probably denying how far down the path towards burnout you actually are.

If you said **YES to the majority** of questions, you are in trouble and need to take action now. There is a high probability you are suffering from burnout.

Grab Life by the Crown!

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*This is an informal quiz not a scientific personality test. The questions reflect real conversations with our clients about their experiences as a highly sensitive person and with burnout, as well as traits, symptoms and observations generally accepted in current writings and research.



Simple Symptom Checklist for Burnout

The Simple Symptom Checklist is meant to get YOU to take YOU seriously. Just check off the symptoms that you have been noticing over the last 3-6 months. There is no 'right' equation. Just answer them honestly as they reflect your own unique experience.

Emotionally: Have you been feeling more...?

- loss of control
- impatience
- fear/anxiety
- irritability
- tenseness
- frustration
- apprehension over the future
- powerlessness to change
- hopelessness
- feelings of panic
- critical of self and others
- anger
- sadness

- like escaping or running away
- loneliness
- aloneness
- emptiness
- depression

Physically: Have you been experiencing more...

- change in appetite (up or down)
- change in sleep patterns (sleeping more, sleeping less, waking intermittently, waking early)
- physical aches and pains (joints or muscles)
- muscle tension
- headaches
- gastrointestinal upsets (constipation, diarrhoea, heartburn, reflux, indigestion, stomach aches, nausea)
- crying jags
- fatigue/exhaustion
- falling asleep on the spot (uncontrollable/narcoleptic napping)
- clumsiness and/or being accident-prone (bumping into things, falling, dropping things, cutting yourself, etc.)
- heart racing, fluttering, or bumping
- shaky hands
- trembling

Mentally, have you noticed...

- a lack of concentration

- a sense of overfocus or intensity
- an inability to focus
- a sense of urgency
- being 'at war' with time
- more forgetfulness
- thoughts that won't go away
- forgetting words, names, or losing your place
- difficulties problem solving
- can't make decisions
- thoughts of running away
- thoughts of suicide or disappearing
- wanting to 'rush' at things, but not being able to get going
- avoiding people, places, or tasks
- procrastination increasing
- feeling like you are stuck in a revolving door

You don't need to add up any score for these questions. It's just a checklist of symptoms, some of which you may not have been aware of.

If you are seriously concerned about the number of symptoms you have noticed or the severity of any in particular, you need to take that seriously. If you have a cluster of physical symptoms, schedule a checkup with your doctor (even if you do not feel you have the time) and take your Simple Symptom Checklist with you as a reference.

Visit our website and you can schedule a Burnout Crisis Call with us. We can help you go over your symptoms and plan some strategies to get you started on the road to recovery.

Burnout means the quality of your health and life is compromised...but it doesn't have to stay that way!



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TAKE 5! Yes, please...use your fingers to count!

Being reactive to everyone and everything is draining, so start Taking 5! We know you have heard it before...count to 5...but do you actually do it? Here are some absolutely simple ways for you to Take 5 and make it count!

Here's One Great Tip: Write **Take 5** on sticky-notes and place them everywhere you can: on your car dash (*please don't read it while driving*), on your mirror, on your fridge, on your computer screen...anywhere you can think of that will catch your attention. **Then pick one and do it, yes right now, it will only take 5.**

The basic Take 5!

- Take 5 minutes to cool down before reacting
- Take 5 deep breaths to recharge your energy
- And, count to 5 before speaking

The 5-minute brain break.

If you are feeling mentally **overwhelmed** it is time to take a 5-minute brain break. The trick is you have to do something **different**. For example, if you are over-cooking your brain with numbers numbers numbers, do something creative for 5-minutes like doodle, stare at the clouds, colour, play with the dog or cat.

If you are lost in the fog of creativity and feeling overwhelmed, give your brain a break by doing something **methodical** (*one could say boring!*) like filing, tidying your sock drawer or folding laundry.

If you do more of the same you will not feel the relief. So think different and your brain will thank you!

Super Simple Energy Boosters That Only Take 5!

Handling stress doesn't have to be complicated. No, no, no (*say the Burnout Queens*) we want simple! Start today and see benefits, starting tomorrow!

- 5 deep breaths to calm your mind
- 5 minute break to clear your head
- Walk 5 blocks to de-stress your body

Get Physical! Just Take 5 Minutes For A Quick Energy Boost!

- Stand-up and give some great big tension relieving stretches. Oh, that feels good!
- Now some tender touch! Massage your shoulders, back of your neck and your forehead.
- Computer hands need lots of care: gently wring them, stretch them, grab some lavender scented cream and slather it on. (*Rub a little on your forehead and temples as well if you get tension headaches,*)
- On your feet lots? Ditch the heels and take a little bare-foot walk. Pamper your poor tootsies: point your toes, give them a stretch and keep a tennis ball around to roll your feet on...lovely.

Last One...Take 5 and Breathe!

Slow, rhythmic breathing is a life-saver when you are feeling tired, anxious, pressured, or frazzled. Follow this simple breathing count:

- Deep breath...breathe in to the count of 5
- Hold it gently to the count of 5
- Slowly exhale, you got it, to the count of 5

Just 5 deep breaths using the 'count to 5' rhythm will reset both body and mind. Make it a habit, once each hour Take 5!
Easy peasy!

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