



# Remaining Motivated, Preventing Burnout

Learning what fires us up and what allows us to bring our best energy so we can be vibrant and support our communities.



# YOU MADE IT HERE = YOU CARE

Let's take a moment to reflect.

Next week you will graduate from Well Balanced Center 101.

Most of you have opened most chapters and learned more about your well-being. We hope you take what you have learned on this journey called life, and share it with those you care about.

We'll ask for your feedback next week, but for now, just take a moment to be proud of yourself for improving your quality of life.

# Remaining Motivated

**Every day is a new day, a gift that we get to be alive.**

Many days, life may not feel like a gift, it may feel like something you do not want to do. There is so much that we have to do in order to be human each day. It can feel like it is sucking the life right out of us.

We will all likely have tough days where we do not feel vibrant, and days that we have to get help from others or pick ourselves up. *We created this program for those tough days*, but we will you fond memories, too.

Because as hard as life can be for various reasons, it is the enjoyable moments in our lives that we actually live for: the life celebration such as births, weddings, birthdays and the vacations. It is also about the micro joys we find in our average day. The first flowers we see in spring, the first fall leaf in the fall, jumping in for a swim in the summer, hot cocoa in the winter.



# Preventing Burnout

Most of us will experience burnout

Regardless of the path we pick, we will have a vision for our lives and then days that we question our life choices. Our future will have highlights, low moments and the monotony in between.

It's the monotonous, dull days, that we need to reflect upon. On those days, taking a step back to see how we can safely spice up our lives will make a difference. Let's say you're a teacher, teaching a lesson for the 17th time and you start to get bored - the people listening to you teach will also get bored. In those moments, hit pause and think about how you can make this more enjoyable for all people involved.

Here's an [artistic example](#), but we dare you to try this intellectually on those dull days by getting creative about how you approach something you have to do but may not enjoy.



# For the Tough Days: Self Work

**Self Work:** On those tough days, when you have more on your to do list and not enough time for your personal joy, life can feel bleak.

On those days, imagine you are a bird, fly up above your to do list, the short-term things that make you happy. Imagine you are seeking a high level overview of your week. Yes, a lot of it does not feel like it brings us joy, but what are the threads of things that make you feel alive? What can you add to your life, exploring new hobbies, building new community connections that WILL make you feel more alive in the future. When can you plan a day off after you get through this muck of a day?

What actions can you take today that will light you up in the future, sometimes for short-term joy, ideally more for long-term joy - new things you can start planting seeds for joy down the road so you have some hope.

Speaking of building friends, one of the things that can light you up is building alliances with other people. So, if there is a way to join a community that aligns with your interests and values, fly in that direction.



# For the Tough Days: Your Community

**Leaning on Your Community:** On days when life gets you down, hit pause.

Think about who you connect with that can get you out of this funk. If you feel like you do not have someone, consider a trusted person in your community. Brainstorm a list and decide who would be the right person or people to reach out to, people that can support you.

If you are still struggling to find someone, imagine writing a letter or recording a message for someone you respect, then virtually step into their shoes to think about how **THEY** would answer. This has helped us dozens of times, when the timing of getting help may not be ideal or it just does not feel right. Please give it a try.



# For the Tough Days: Professional Help

**This week is a good week to explore:** What professional people in your community are there to help others when they get stuck.

We are fortunate to have a lot of people in this world that get paid or volunteer their time to help others, in person and virtually.

Your homework for this week is to find a few people that you can add to your phone list for when times are tough. Perhaps you can find someone that can direct you to a few resources where you spend your days. Perhaps a family member can help with your homework, or if you are spiritually engaged, they may have some ideas, too.

See if you can get three resources: one that can help during weekdays, one for weekends and one that would be available 24/7. Share what you learn with those you care about, it's a pay if forward gift.

# Management Tip



Just as you have your highs and lows personally and professionally, this is your reminder of how to keep your mental candle lit and find resources for the tough days.

When you can share resources with those you work with, it also shows you care. So, the tip for this week, is to explore and find a few resources that you can share with those you spend your days with to help them when they get stuck in a rut. Do not harm and the rest is in your hands, we believe you've got this.