



# WELLNESS WEDNESDAY

The 11<sup>th</sup> Revision of the International Classification of Diseases (ICD-11) states, that while it is not a medical condition, Burn-out is an occupational phenomenon defined as:

“Burn-out is a syndrome resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- Feelings of energy depletion or exhaustion;
- Increased mental distance from one’s job, or feelings of negativism or cynicism related to one's job; and
- Reduced professional efficacy.

Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”

Use this week’s guide to spend to develop resilience and beat burnout. This guide focuses on:

- Build and Sustain Resilience
- Positive Motivation and Energy
- Changing Unhelpful Habits
- Medical Importance
- Burnout Buster Mindset

**Here are some tips for building resilience when life knocks you down:**

1. Pause, breathe, notice, and name how you’re feeling, and then choose a response
2. Use the 4-7-8\* breathing practice or Voo breathing when you find yourself feeling stressed
3. Look for growth amidst adversity and ask yourself, “What am I learning about myself or others in the midst of this challenge?”
4. Track at least one bright spot each day, something that elevated your mood, uplifted, or inspired you

\*4-7-8 breathing practice video: <https://youtu.be/3fbkoNNankQ>