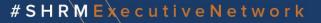
VISIONARIES SUMMIT 2024

Building Sustainability When Burnout Feels Inevitable Gloria Chan Packer // Recalibrate







Gloria Chan Packer

RECALIBRATE

modern, science-backed & realistic approach to mental wellness for busy professionals

- Mental wellness educator, TED speaker, former consultant (Engagement Mgr in Fortune 500 tech strategy & implementation)
- Founded Recalibrate in 2018 after unexpected medical battle & discovery of gap in everyday mental wellness for high achievers
- Headquartered in Austin, TX Recalibrate has reached tens of thousands with its programming across global client orgs







today's agenda

- education (15m) science & psychology basics of burnout & boundaries
- **application (15m)** framework of tangible tactics to navigate burnout
- connection + q&a (10m)





intended use disclaimer

The intent of this workshop is to educate & inform, not to provide medical direction or advice. We always recommend seeking individualized care from your own doctor or medical professional for all matters pertaining to your health. If you feel uncomfortable at any point in this workshop, please immediately disengage participation and notify the facilitator.





education: basics behind burnout



education: burnout basics

Biology of burnout: Prolonged fight-or-flight response **Common signs & symptoms:**

- Physical and mental exhaustion
- Heightened emotional irritability and reactivity
- Energy level feels simultaneously anxious & depressed
- Feeling stuck, unlike self, or "off"



education: burnout basics

common burnout triggers {prolonged fight-or-flight response} work stress financial stress injury / illness stress caretaking / parenting / relationship stress basic / core needs not met triggers of past hardship



education: burnout basics

mindful self-management:

sneaky burnout behaviors & root cognitive schemas





application: framework of tangible tactics



application: tactics for burnout

- take daily inventory
- Output the second se
- **8** build better boundaries
- Output the second se
- **6** root into your resilience



application: tactics for burnout

0 take daily inventory

How do I feel? What do I need? What do I notice in my body?

2 turn down your stress response

- Importance of body language before mental work
- Movement + bodywork // Breathwork // Social connection // Play

3 build better boundaries

- Design specific to your situation rarely one size-fits-all
- Buy time before responding (when setting & receiving)
- Clarify need, impact & action (&know not always a guarantee for your way)

• check & adjust your **resourcing**

Like profitability, how is your equation? Which levers can you shift?

9 root into your **resilience**

Reconnecting to proven ability to navigate it all, to stabilize & empower self



closing takeaways

- ① **Burnout & boundaries** are rooted in human biology; our skills in both will correlate to the sustainability of our work & personal lives
- ② Take daily inventory, complete stress cycle, build boundaries. check & adjust your resourcing, root into your resilience
- ③ Remember mental wellness challenges are normal, common, and personally complex. Take time, resources & responsibility to nourish.



questions &comments

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