

# WORKING WITH Burnout



DISTRACTED,  
SPACED OUT



INTRUSIVE  
THOUGHTS



ANGRY OR  
IRRITATED

## Signs of Burnout

AVOIDING  
OTHERS



UNEASY  
SLEEP



EMPATHY



is fueled by mirror neurons and it allows us to deeply feel others' emotions.

Prolonged exposure to suffering, whether at work or home, can lead to burnout. This is not a sign of weakness, but a common aspect of our humanity.



Equanimity is...

Accepting the limitations of what we are able to realistically control in life.

Defined as remaining calm during strong emotions.

Cooler than compassion - but it is compassion with perspective.

Inhale compassion and care in for yourself for the suffering you feel.

Exhale compassion and care out to the caregiving situation.



## Compassion with Equanimity

*Everyone is on their own life journey. I am not the cause of this person's suffering, nor is it entirely within my power to make it go away. Even if though wish I could. Moments like this are difficult to bear, yet I may still try to help if I can.*