



Why Some People Get Burned Out and Others Don't

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Sintesis.

Not so surprisingly, the common ground of people that don't burnout is emotional intelligence.

The factors of Emotional Intelligence that prevent us from burnout are:

- Emotional self-awareness.
- Self-management.
- Empathy.
- Compassion.

And the advices that show up in the article to avoid stress are:

- Don't be the source of your stress.
- Recognize your limitations.
- Take deep breaths when you feel your tension and anxiety rapidly rising.
- Reevaluate your perspective of the situation.
- Deescalate conflicts by putting yourself in the other person's shoes.

Comentarios

My thoughts on this article are that the proposed techniques are very appropriate and make sense. Taking deep breaths have worked several times for me when stress

reaches high levels, also by trying to carefully listen to the other party when there's a conflict have got me good results and it effectively deescalates the tension.

In general, emotional intelligence is always a set of skills that's good to have.

I liked the ending part of the article: *The last thing you want to do is to make improving your EI another source of stress.* So, let's take it easy.