

# *Avoiding Burnout*

*The zombie survival guide*

- David Manners,
- @mannersd
- Struggled with burnout,



*Zombie David*

- „Burnout is nature’s way of telling you, you’ve been going through the motions your soul has departed; you’re a zombie, a member of the walking dead, a sleepwalker.“  
– Sam Keen,

- 1 in 3 thought about quitting because of stress,
- 75% are not engaged with their work,
- Over 1 million absent per day,

- ❖ Disengagement,
- ❖ Blunted emotions,
- ❖ Helplessness and hopelessness,
- ❖ Loss of motivation, ideals and hope,
- ❖ Detachment and depression,
- ❖ Emotional damage,
- ❖ May make life seems not worth living,



*Preparation for battle*

- Releases the following hormones,
  - ✦ Serotonin,
  - ✦ Dopamine,
  - ✦ Cortisol,
  - ✦ Testosterone



- Finish your working day,
- Make a significant difference between work and home,

- Non-technology day,
- Switch off your phone or computer,

# *Turn yourself on!*

- Be creative,
- Find a hobby,
- Make sure it is different from work,

# *Turn yourself off!*

- ❖ Detox your brain and body,
- ❖ Go away (holiday),
- ❖ Leave the tech at home,

- Show your mind that all the effort brings results,
- Small steps leading to small wins,

- Do not waste your resources on the mundane,
- I plan all my meals at the start of the week,

- ❖ You cannot do everything,
- ❖ You will die trying,
- ❖ „No“ is not a dirty word,
- ❖ What is expected of you?

- Your body needs energy,
- Be nice to it and it will be nice to you (mostly),



- Sharing is caring,
- Talk about how you are doing/feeling,