



Burn out & well-being

Pauline P. Narvas

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**I always want to
deliver.**



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What is the main source of employee burnout at your current workplace?

PabloAndYoda.tumblr.com



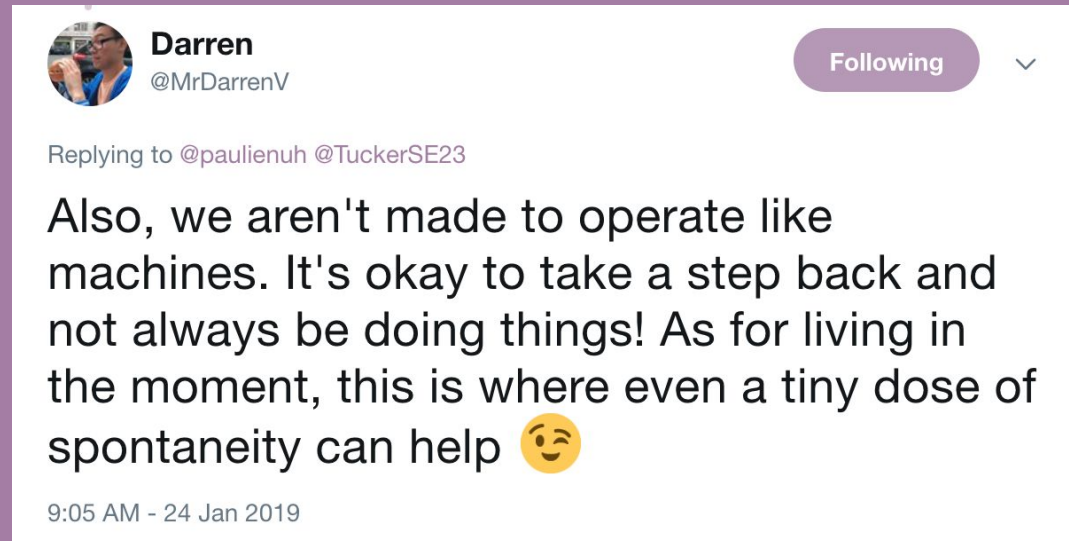
17.5%

Data: TeamBlind.com



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Healing from burnout.



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Breaking the unhealthy habits



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Cultivating positive habits



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**Spend some time
learning. For the fun of it.**



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**Spend some time with
friends and family.**



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Block out time.



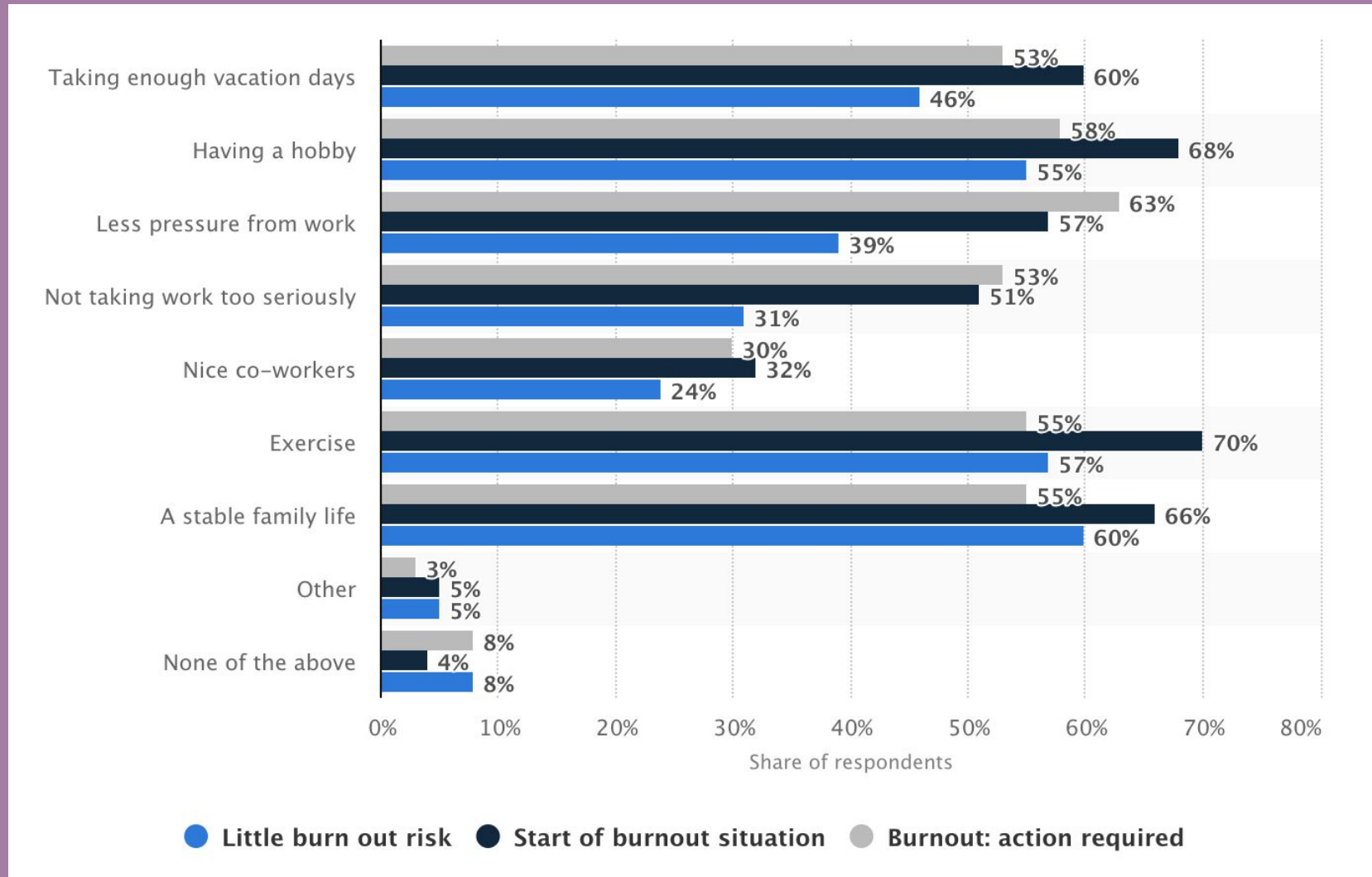
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Get away from it all.



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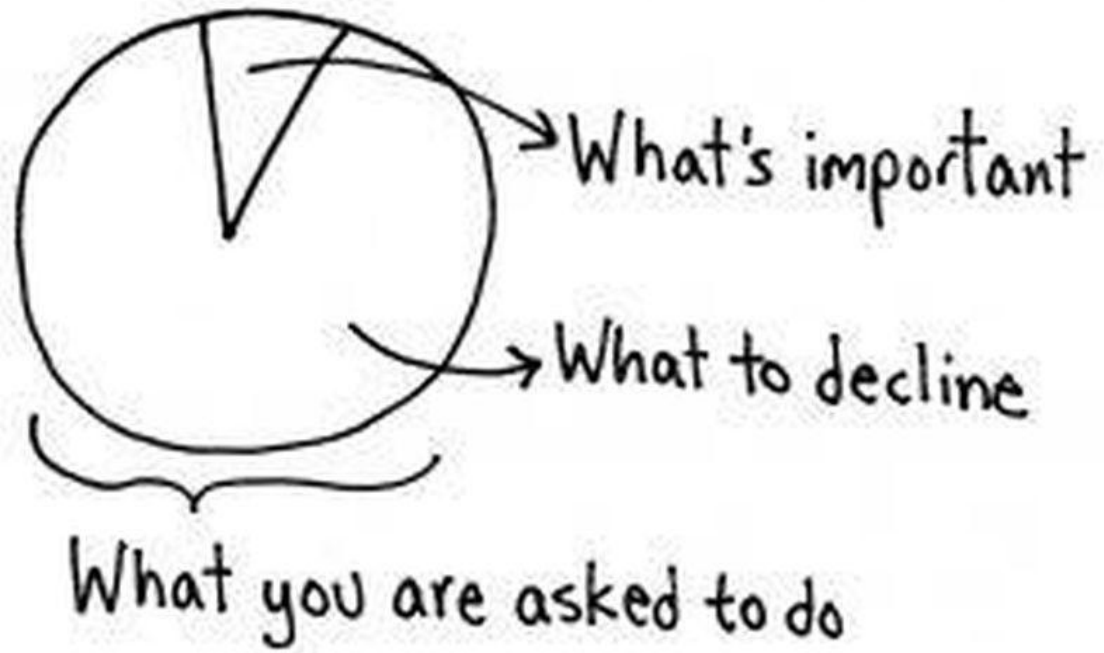
Percentage of adults in the U.S. who thought select strategies were the best ways to avoid burnout as of February 2017, by burn-out-risk



“Despite the world’s absurd expectations, the laws of space and time really *do* apply to you. You cannot attend every event, every meeting, and every unhappy hour. You cannot support every cause, solve every crisis, and teach every lesson. You cannot be everything to everyone at all times. You cannot pick up all the slack that other people obliviously drop at your feet. **If you attempt to do all that, you will snap in half. It will be ugly.**

You won’t find true balance unless you install checks on your time, energy, and other resources. Draw the lines you will not cross lines with permanent markers, laser beams, and barbed wire. Defend your bandwidth with repeated, firm resolve. **Your survival depends on it.”**





Thank you for listening!

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