



Overwhelm and Burnout

Megan Lanz, DMA CMI ©2023



What is burnout?

- Prolonged exposure to stress
 - Exhaustion
 - Forgetfulness
 - Never feeling rested, insomnia
 - Doubt and pessimism
 - “Nothing will ever be enough”
 - Thinking compliments are only just people “being nice”
 - “Drowning”
 - Loss of motivation and the belief that you can succeed
 - Numbness, autopilot
-





Possible Causes



Competition

Expectations

Pressures (internal/external)

“Perfect”

Political atmosphere

“Should”

Social media

Trauma triggers

Socialization/Isolation

SO. MANY. MORE.



24 Resources to Keep Going When You're Overwhelmed

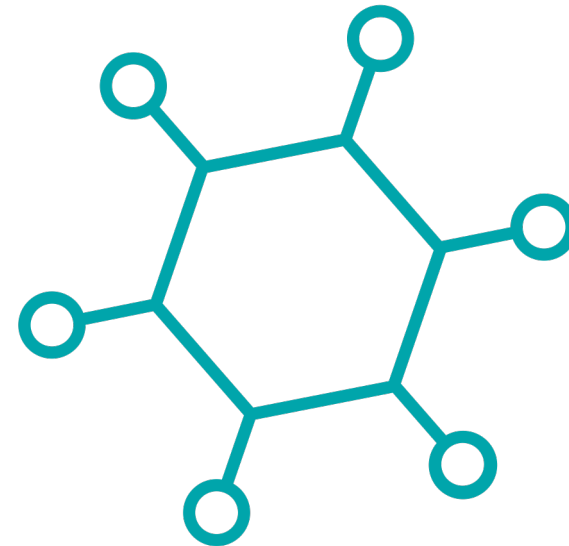
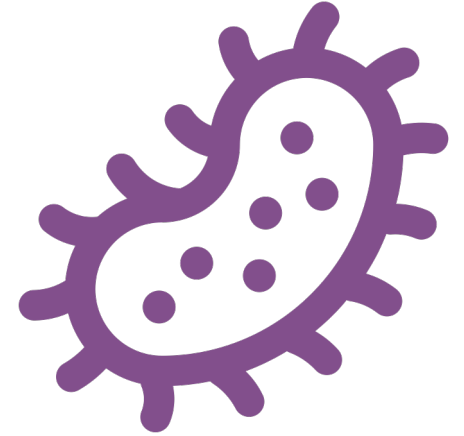
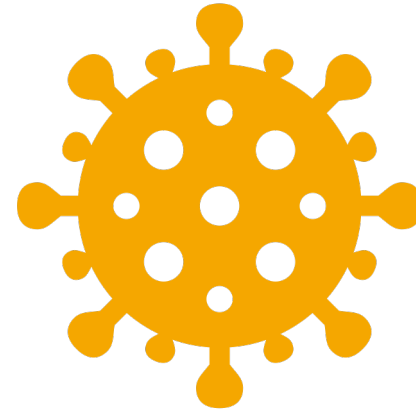
Posted by Samantha Uslubas | Mindset



**Toxic
Persistence**

Toxic Stress

- **Prolonged fight or flight response** can cause persistent and severe consequences.
- **Heightens cortisol levels** often contribute to chronic illness, infections, injuries, mental illnesses, and addictive disorders.



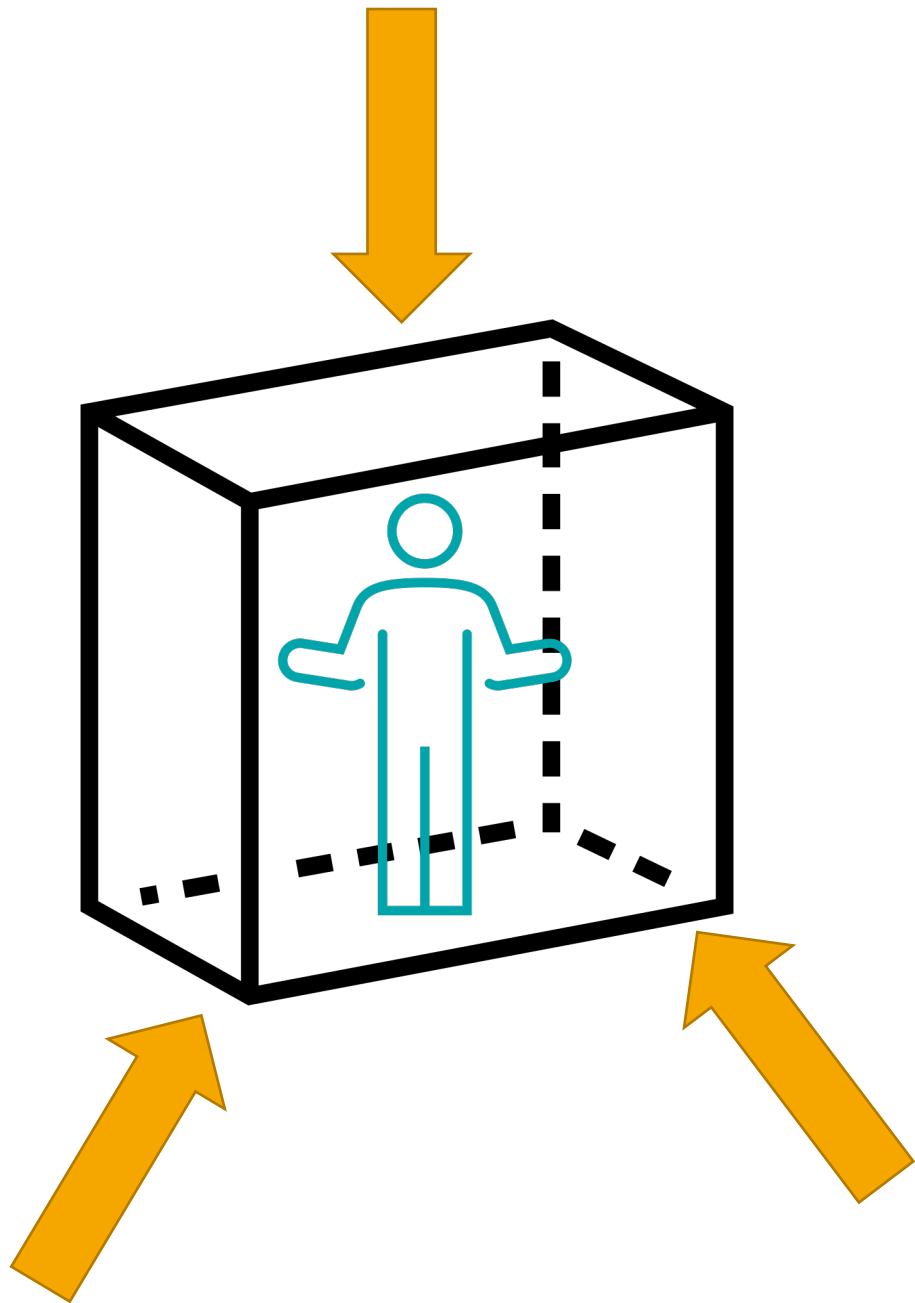


But, what can we do?



Identify what is within your control.

- How you speak to yourself
- Your sleep and health routines – listening to your body
- Your responses to situations
- When and how you ask for help
- Apologizing or making peace
- Even more simply, your breathing is under your control.



Identify what is not within your control.

How other people respond/react

What other people think

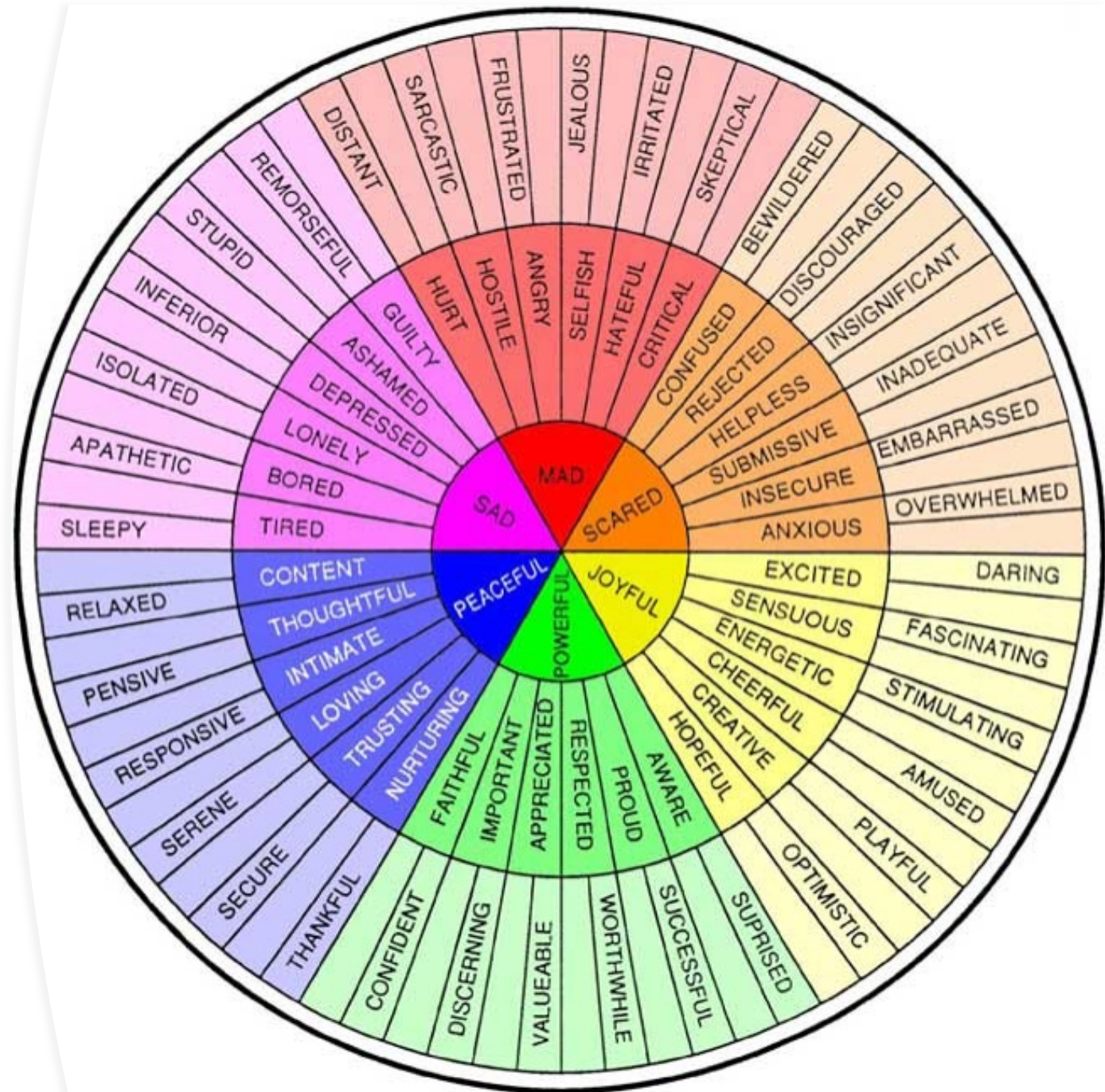
Sickness

Past mistakes

Things you wish you could change

Identify Your Emotions

- Help specify what you're feeling
- Start broad, then narrow
- Don't stop investigating WHY



Reframing: Fear & Excitement

- Symptoms of each vary by person
- Speak with yourself. Investigate how you could be feeling each, or both.
- Breathe. Try this with both hands over your heart.



The BRFWA Process



Breathe

Notice the location, temperature, depth.



Relax

Are you holding? Give permission.



Feel

How/where do you notice your emotions?



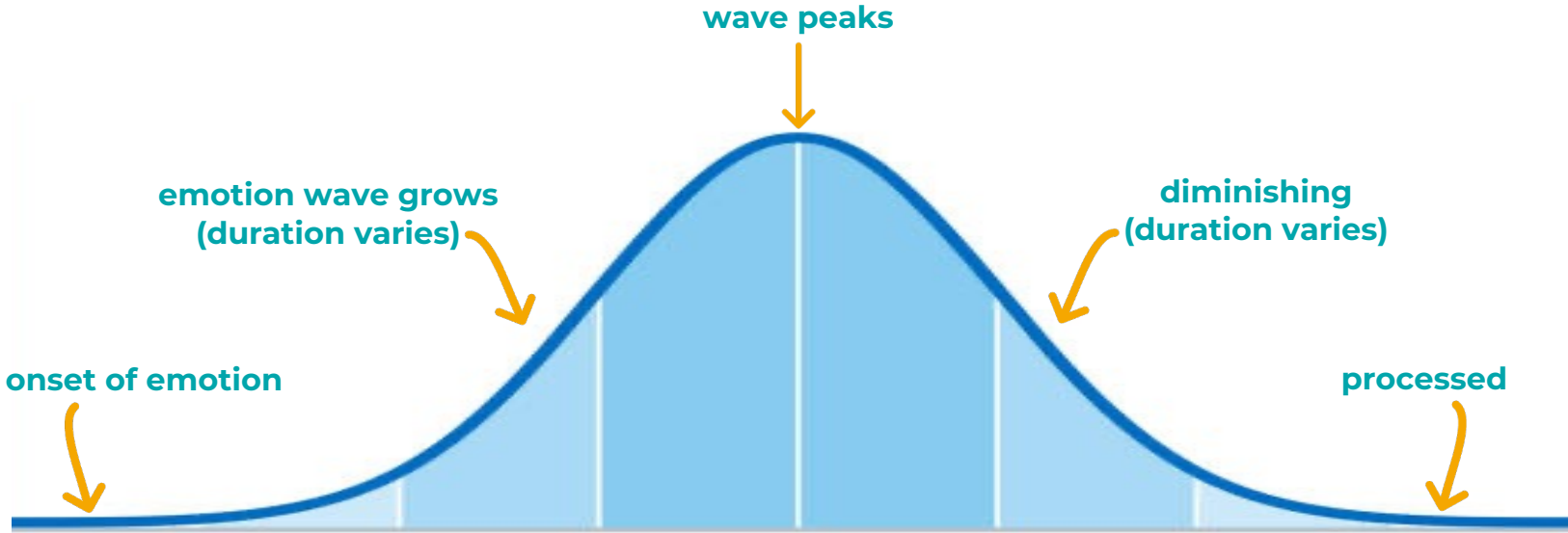
Watch

Observe yourself as an outsider would.



Allow

Allow your feelings and respond consciously.



Intervening and Preventing

Mental & Emotional

- Establish support networks
- Socialization
- Meditation
- Journaling
- Individual & group therapy
- Venting
- “What’s my next step?”

Physical

- Aerobic exercise
- Pet therapy
- Breathwork
- Yoga and stretching
- Awareness

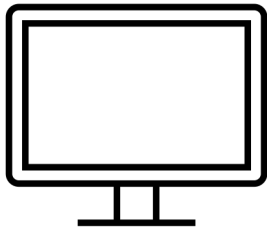
Spatial

- Identify or create a safe space for reflection

Resources



Mindfulness in Plain English, by Bhante Gunaratana
Burnout, by Emily Nagoski



www.mindful.org
www.bulletproofmusician.com



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