

WELCOME TO



A SCTCS Division of Academics, Student Affairs & Research Initiative

TILT

TEACHING & LEARNING TUESDAY

ADDRESSING BURNOUT FOR FACULTY & STAFF

February 15, 2022

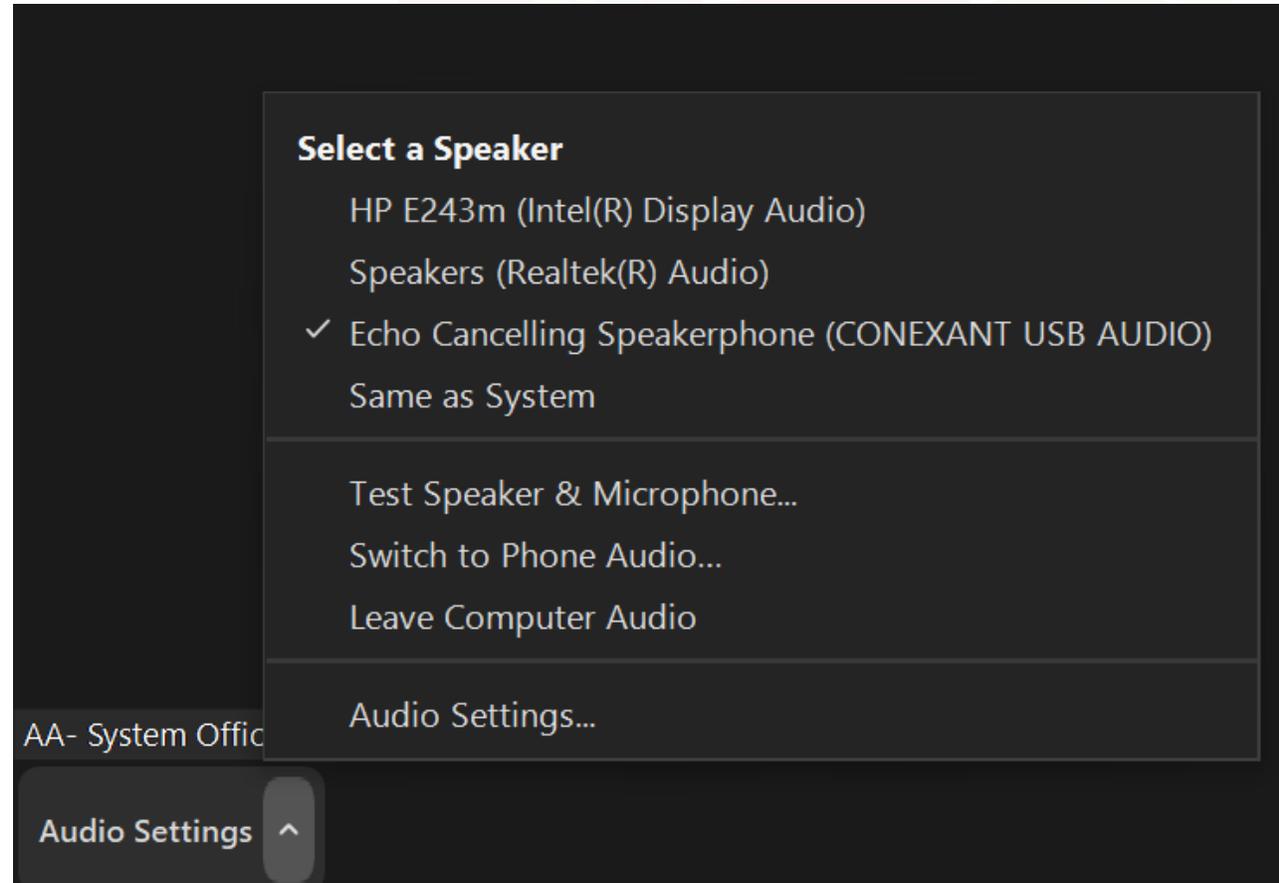
2:30pm

ABOUT THE PRESENTERS



Meredith Brown
Piedmont Technical College

ZOOM WEBINAR



ZOOM WEBINAR

You are viewing AA- System Office's screen

Contact Us



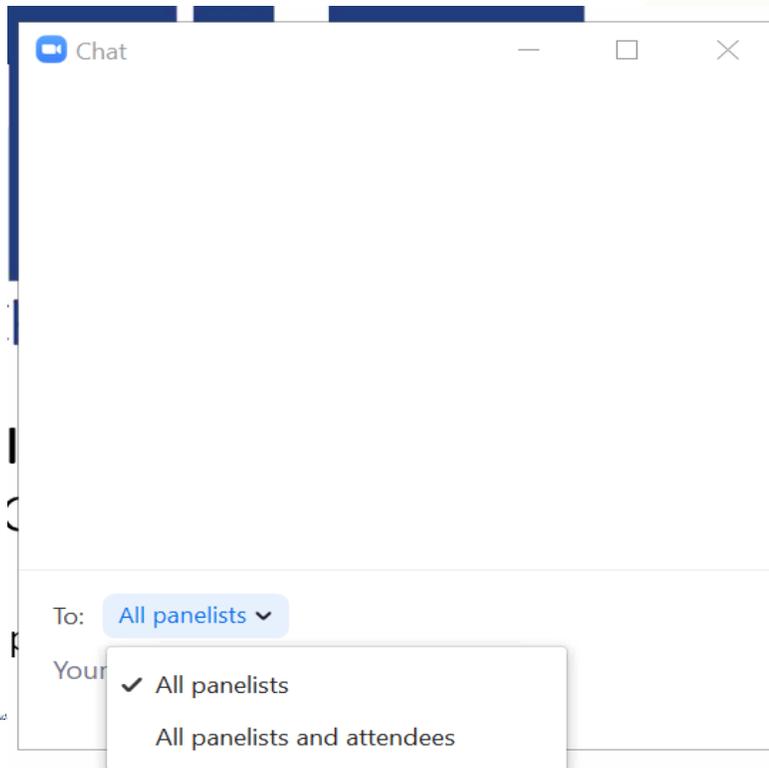
A SCTCS Division of Academics, Student Affairs & Research Initiative
TLT

View Options ▾

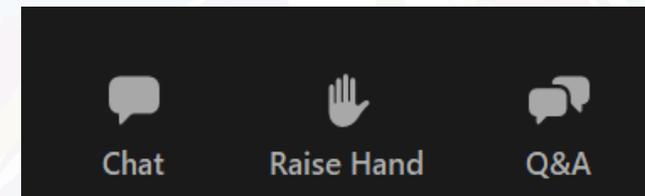
- Zoom Ratio Fit to Window ▸ ✓ Fit to Window
- Exit Full Screen 50%
- ✓ Side-by-side mode 100%(Original Size)
- 150%
- 200%
- 300%

ZOOM WEBINAR

Chat



Raise Hand and Q&A



BURNOUT

Meredith Brown, M.S., L.P.C.

What is Burnout?

[Herbert Freudenberger](#) first used the term burnout in a book describing professional exhaustion

Our Definition: Over utilization of personal resources without replenishment.

This definition because it seems to bring together what is found in various piles of research.

Also burnout has a certain subjectivity that is often overlooked.

What Causes Burnout?

- 1. Lack of Support
- 2. Insufficient Reward
- 3. Workload
- 4. Work Life Imbalance
- 5. Lack of Control



What Causes Burnout?



- 6. Low Self Efficacy
- 7. Mismatch in Values
- 8. Lack of Fairness
- 9. Attitudes of Others
- 10. Guilt (Personalizing)

Symptoms of Burnout

Physical

Emotional

Behavioral



Symptoms of Burnout

PHYSICAL	PSYCHOLOGICAL	BEHAVIORAL
HEADACHES	SADNESS	ISOLATION
MUSCLE TENSION	SELF DOUBT	PROCRASTINATING
DIGESTIVE TROUBLE	CYNICAL	OUT OF WORK
FATIGUE	LACK OF MOTIVATION	DISPLACEMENT
CHANGE IN SLEEP	FEELING ALONE	SELF MEDICATING
COLDS/SICKNESS	AGRESSION ----->	AGRESSION

How to Avoid Burnout



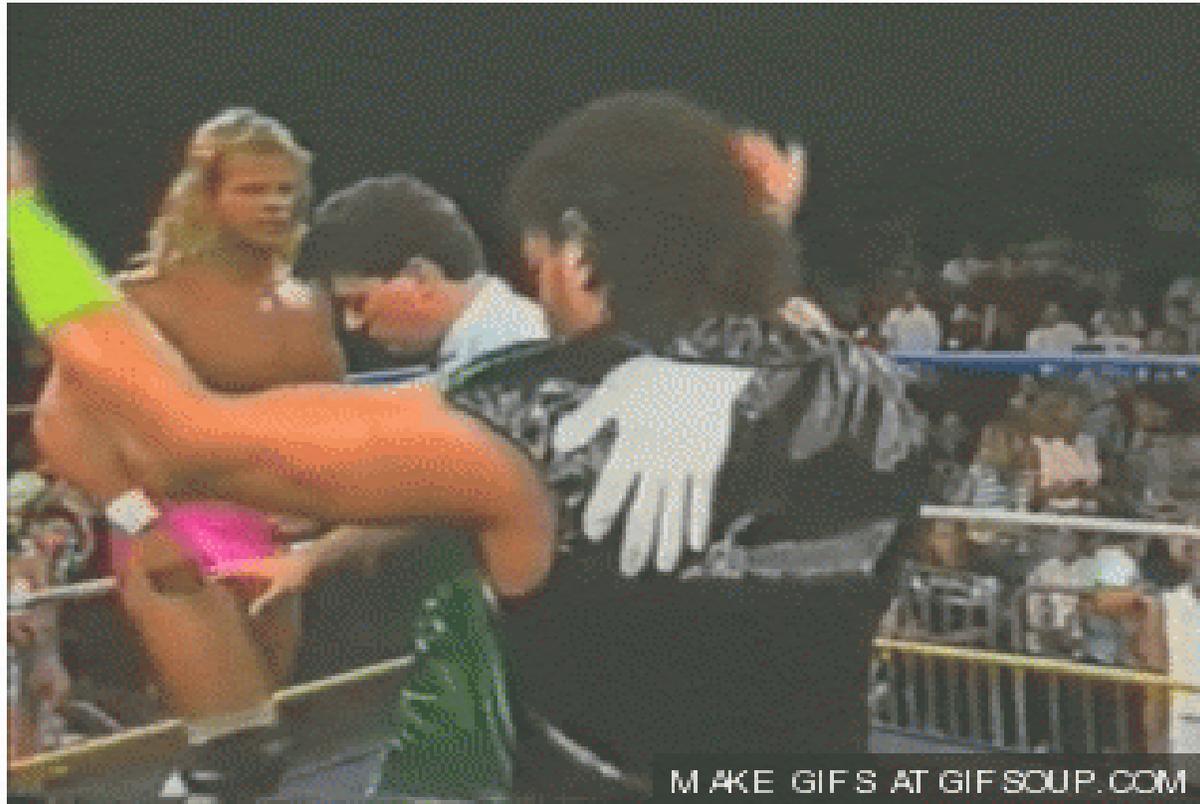
https://www.mindtools.com/pages/main/newMN_TCS.htm

Seek / Ask for Help



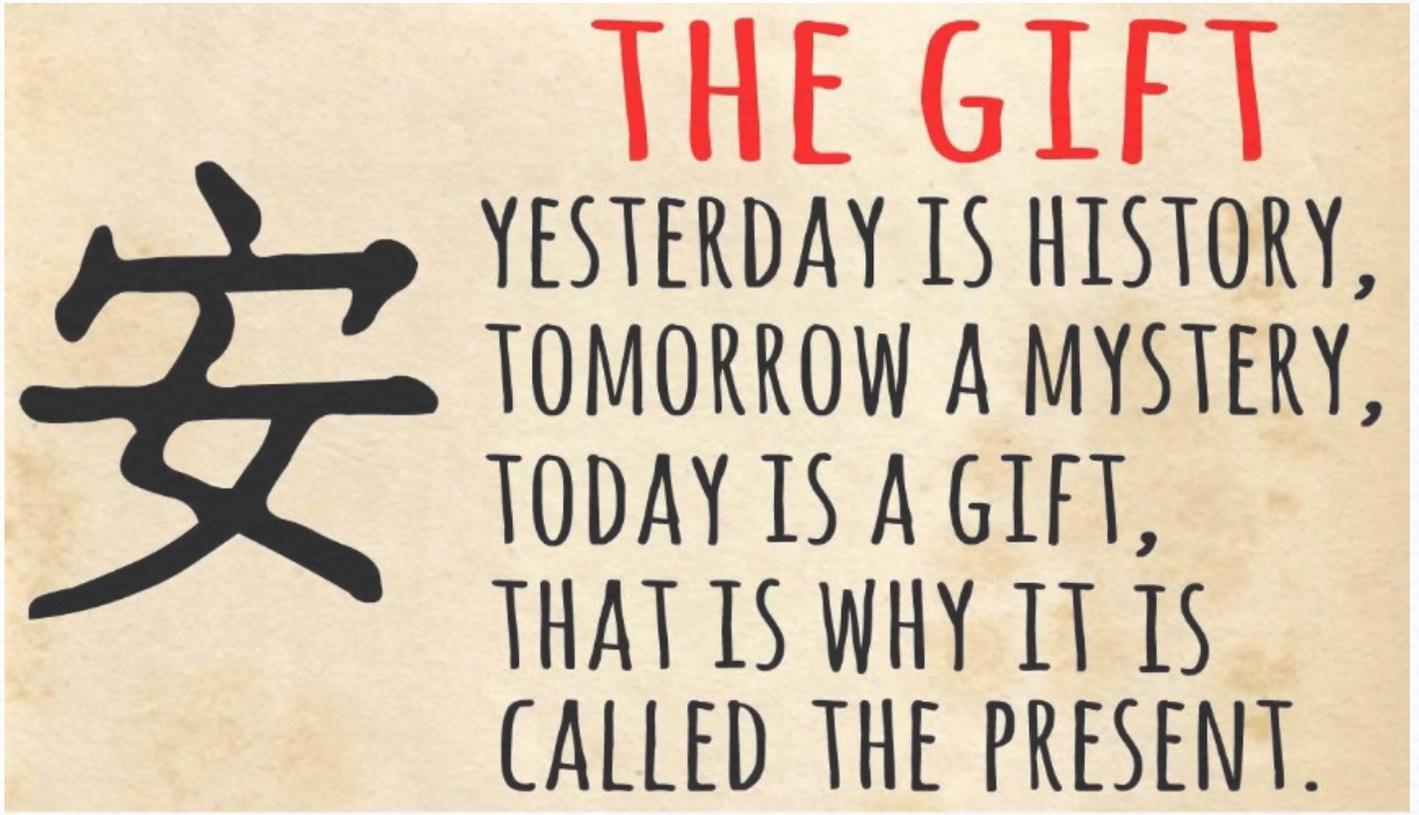
<https://hbr.org/2018/05/how-to-get-the-help-you-need>

Be Kind to Yourself

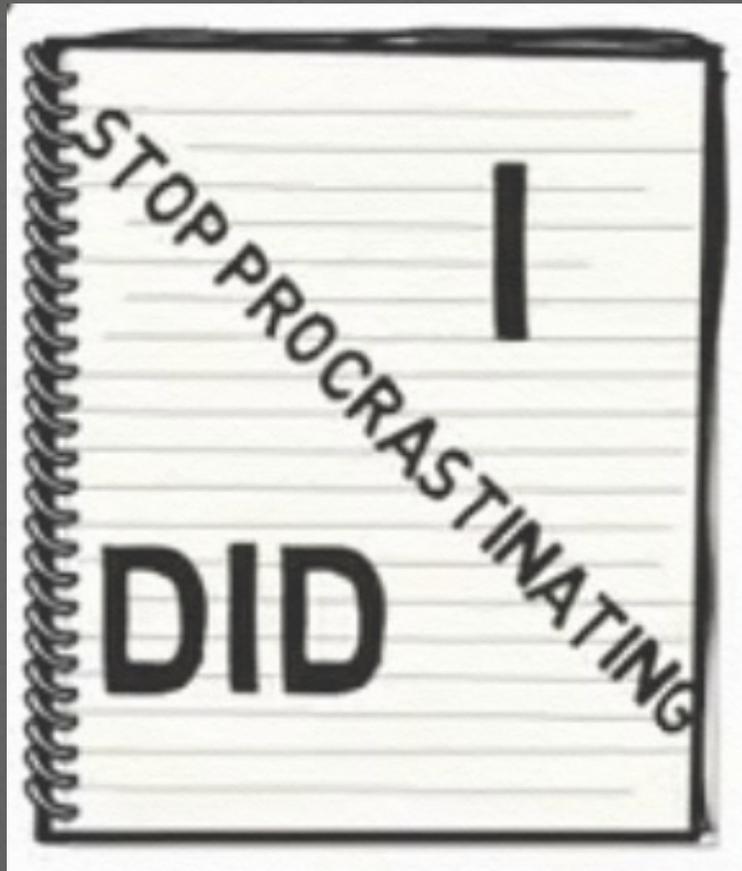
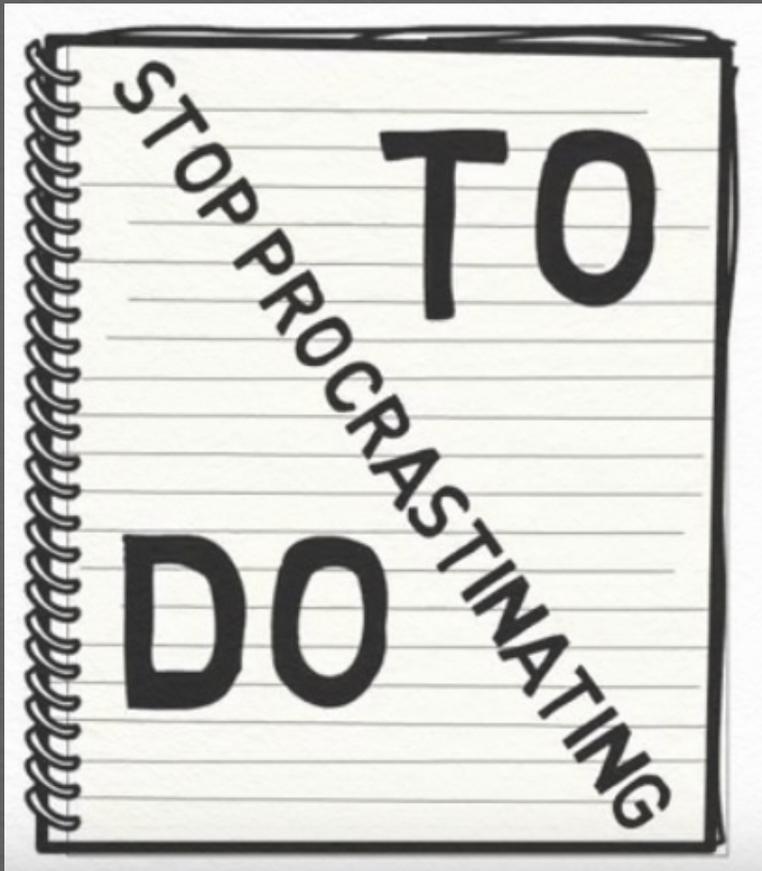


MAKE GIFS AT GIF SOUP.COM

Be in the
Moment -
Mindfulness

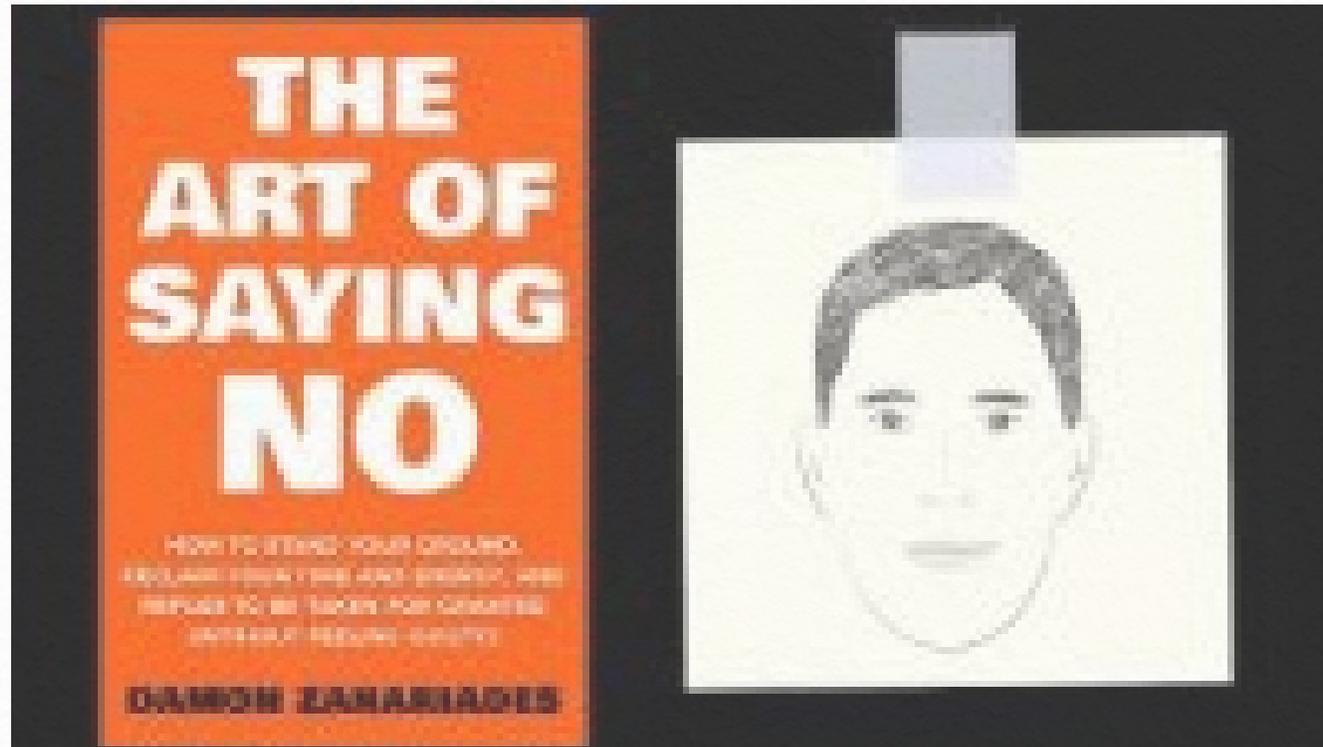


<https://palousemindfulness.com/>



To Do = I Did

The Art of Saying No



Perfectionism





You can never win an argument with a negative person. They only hear what suits them and listen only to respond.

Avoid Catching the Negative Bug

- Walking away – avoid
- Validate
- Don't feed it change topic – Keep it light



AVOID BECOMING STAGNANT |
KEEP GROWING



Change Self Defeating Thoughts

Shoulding

Laugh

- 1. LOWERS BLOOD PRESSURE
- 2. REDUCES STRESS HORMONE LEVELS
- 3. WORKS YOUR ABS
- 4. IMPROVES CARDIAC HEALTH
- 5. BOOSTS T-CELLS
- 6. TRIGGERS THE RELEASE OF ENDORPHINS
- 7. PRODUCES A GENERAL SENSE OF WELL-BEING



Thank You For Your Time



2022 TLT SPRING SESSIONS

March 15 – Professional Imaging Day at Greenville Technical College

April 19 –Service Learning 101

May 17 – Distance Learning

June 21 – Jobs for America's Graduates

Want to showcase your expertise? Is there a teaching technique that has been effective in the classroom? Apply to be a TLT presenter! For more information and full schedule: www.sctechsystem.edu/tlt



GIVE US YOUR FEEDBACK

<https://www.surveymonkey.com/r/Feb2022TLT>