

Begin with you.

Invest in your
mental wellbeing
and satisfaction
at work

Petra Velzeboer



Author Spotlight
Burnout Prevention

PVL



(Burnout is) being exhausted by the things you have to do, yet still feeling like you need to do more and it's not enough

Dr Emily & Amelia Nagoski – Burnout: Solve your Stress Cycle



World Health Organisation (WHO)

Burnout is a syndrome resulting from chronic workplace stress that has not been successfully managed. It has three dimensions:

1. **Exhaustion** – feelings of energy depletion or exhaustion
2. **Cynicism and detachment** – increased mental distance from one's work, or feelings of negativism or cynicism related to one's job
3. **Professional inefficacy** – the feeling of not performing tasks adequately or being less competent at work



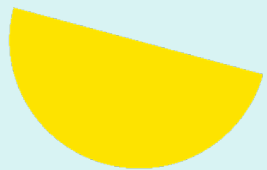


BURNOUT

COMPASSION
FATIGUE

VICARIOUS
TRAUMA

My story...





LEAVING
ISN'T THE
HARDEST
THING
ESSAYS
LAUREN
HOUGH

ROSE MCGOWAN
A REVEALING AND
EMPOWERING
MEMOIR
NEW YORK TIMES BESTSELLER
BRAVE
"A JOB TO BE PRAISED"
—THE BOSTON GLOBE

KRISTINA, CELESTE AND JULIANA
*Not Without
My Sister*
The true story of three girls
violated and betrayed

HEAVEN'S
HARLOTS
My Fifteen Years in a Sex Cult
"Williams has belabored an oddly sympathetic portrayal of one woman's
elaborate but doomed involvement in a bad-covers social experiment."
—The Village Voice
MIRIAM WILLIAMS

**JESUS
FREAKS**
A True Story of Murder and
Madness on the Evangelical Edge
On January 8, 2005, a woman was found stabbed
three times with her throat slit by a young man
christened to be the prince and future prophet of a
bizarre Christian sect. The story leading up to this
crime is one of messianic delusions, free love, and
blind faith . . .
DON LATTIN

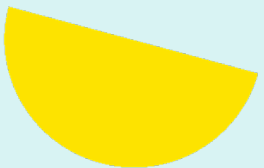
Born into
CHILDREN OF
My life in a religious sect
and my struggle for
freedom on the outside
NATACHA TONOLINI





Revolutionising Mental Health at Work and Beyond

PVL



FREEZE

Depression
Shame

Shut-Down
Detached

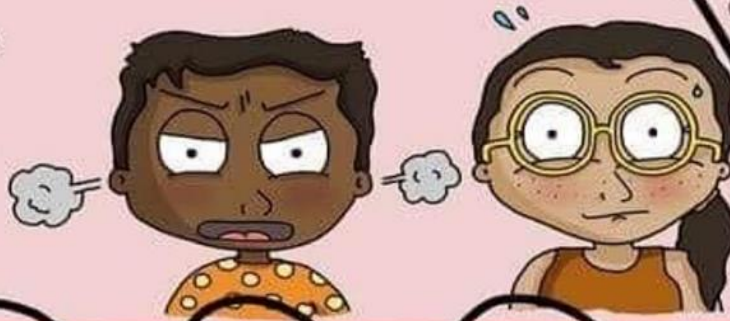


Burnout **recovery**

FLIGHT

FIGHT

Panic
Fear
Anxiety
Worry
Rage
Anger
Irritation
Frustration



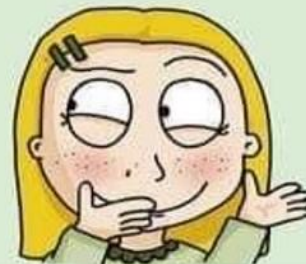
DEACTIVATION

Burnout **prevention**

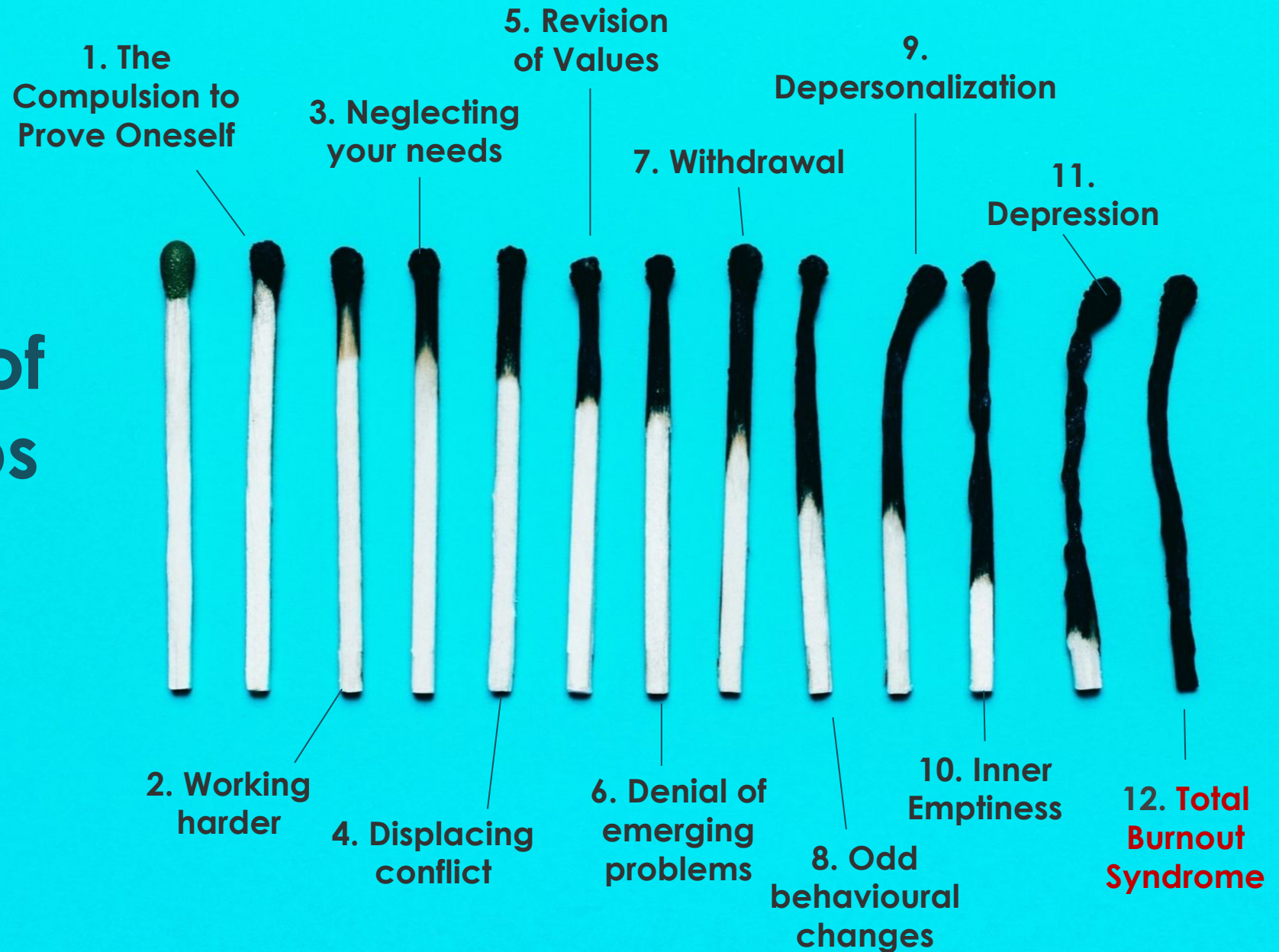
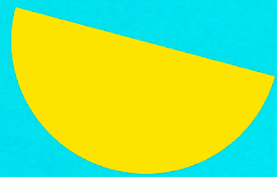
SOCIAL ENGAGEMENT

Joy
In the Present
Groundedness

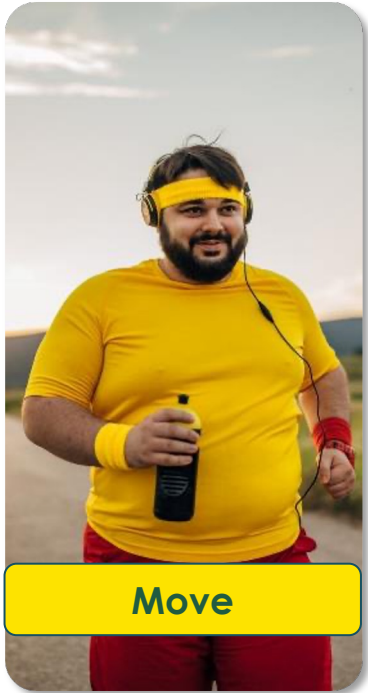
Compassion
Mindful
Curiosity



Be aware of the 12 steps to burnout



Complete the stress cycle...



Boundaries

1. Get radically honest
2. What do I need
3. What boundary would help
4. Who do you need to tell

DO NOT CROSS • DO NOT CROSS • DO NOT CROSS





Social activism

The practice of working toward the reform of institutions, behaviours and expectations in society.



A culture that prevents burnout...

- Autonomy
- Flexibility
- Health = Performance
- Psychological safety



Things to remember

- Listen to your body
- Complete your stress cycle
- Radically assess your life
- Find your joy!

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mental wellbeing
and satisfaction
at work

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Stand: W100
Kogan Page

petravelzeboer.com

