



Working too hard? Count the cost...

Some people seem to be hardwired for habits that lead to burnout. They burn the candle at both ends, work too many hours, try to please everyone all the time and often believe that no one else can do things as well as they can. Luckily, warnings signs give an opportunity to act before total exhaustion sets in.

Feeling short tempered or cynical (often for no apparent reason), skipping meals because there is 'no time to eat' or thinking that you can't cope with anything more, are just a few warning signs. They can also be an invitation to step back and ask, "What's going on for me right now?" (self awareness), "What can I change to feel better?" (solution focus) or "Who can help me right now?" (resource assessment).

Cultivate self-awareness

Sometimes we notice the warning signs in others and miss our own. If you're not managing situations as well as you normally would or notice that your usually sunny disposition seems to have a cloud hanging over it, don't ignore it or pass it off as unimportant. Cultivating a healthy self-awareness is essential for good health and so important to teach your family.

Focus on solutions

Like the old adage says, "A stitch in time saves nine". Early intervention is the best intervention. Identified a warning sign? Look towards a solution - they're often simpler than you think. Too tired? Politely decline an extra commitment, go to bed 45 minutes earlier at night (that delivers a whopping 5 hours extra sleep each week!) or turn off social media for one week and be curious about how much time that gives you. Check, "Am I getting regular exercise?" and "Is my diet nourishing?" Believe it or not, early intervention is often this simple. However, it doesn't feel simple if you're the one at risk of burning out.

Get resourceful

Nearly everyone can use a hand to get things back on track. The tricky part is **identifying** what is lacking and being **authentic** enough to admit it. Do you need to discuss your workload with someone? Can your partner or family assist at home? Would a time management course help? Would joining a walking group be useful? Is seeing a counsellor or your GP appropriate? Do you simply need a holiday? So many potential solutions...

Prevent burnout and it's unpleasant aftermath with just one 'stitch' at the right time. Admit how you feel and embrace the help available.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Prolonged or excessive stress can leave you feeling like you can't give anything more.
- ✓ Recognise your warning signs and do something.
- ✓ Giving too much for too long is counterproductive - you end up losing interest in the very thing you love!

"Burnout is a way of telling you that your form of activism was perhaps not very full circle."

Gloria Steinem

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women