



Healing

# Mental Burnout

Optimize physical well-being and energy management through holistic health practices. This module addresses physical burnout phases, managing stress, and the importance of sleep, nutrition, and physical activity.



# Top 10 Teaching Points

1

Self-affirming or self-deprecating, your thoughts can make or break any aspect of your life: your career, your relationships, your dreams, and even your legacy.

2

Adjusting your self-talk from critical to compassionate will replenish your mental energy.

3

When our assumptions mislead us, our knee-jerk reactions can create a social energy drain among friends, family, and colleagues.

4

Our brains work so quickly, it can be hard to distinguish what we observe from what we think about what we observe.

5

Connect with the facts of the situation to avoid creating stress for yourself by reacting to events or narratives that haven't actually occurred.

6

We often make the mistake of assuming other people think and live the way we do, even though everyone has their own backgrounds, experiences, and expectations.

7

There are three main thought patterns: personalization (self-focused), projection (others-focused), and generalization (focused on outside factors).

8

A balanced combination of the three thought patterns often provides a comprehensive view of what is actually happening.

9

Avoiding feedback drives wedges into relationships, perpetuates blind spots, and prevents growth and learning.

10

Getting comfortable with feedback will deepen your relationships, reduce your stress levels, and elevate your performance.

**KEY**

# TAKEAWAYS

01 | Mental burnout

02 | Overcoming cognitive fatigue

03 | Recharging from stress

04 | Coping without burnout

05 | Restoring balance within