



HELPING WITHOUT BURNING OUT

A 60-Minute Workshop on Compassion, Boundaries & Sustainable Care

Welcome



Before we begin:

*What would you like to come away
with today?*

Today's Agenda

Introductions	10 min
Understanding Burnout	10 min
Compassion	10 min
Boundary Practice: Your Land	10 min
Self-Compassion in 2 Questions	5 min
Words of Equanimity	10 min
Wrap-Up	5 min

PART ONE

Understanding Burnout

What Exactly Do We Mean by Burnout?

A state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress.

Most often linked to work — but it shows up in **parenting, caregiving, and relationships** too.

The common thread: not feeling **in control**, or like anything we do **improves the situation**.

What It Looks Like

1

**Mental and physical
exhaustion**

2

Anger

3

Cynicism

4

**Frequent crying
spells**

Quality of Self-Care

HOW BALANCED

is yours?

FLEETING

*vs. Enduring — which kind is
yours?*

PART TWO

Compassion

What Is Compassion?

*Sensitivity to suffering, **combined with the motivation to do something to alleviate and prevent it.***

The Three Flows of Compassion

For Others

What we feel toward others

Receiving

The ability to receive from others
without feeling like a burden

For Self

Noticing when we're struggling, and
asking what would help

Which are you better at?

Why Is This So Hard?

A sense that we shouldn't be struggling

We have the same tricky brain as everyone else. Our threat-detection system narrows perception and impacts thinking and reasoning.

A cultural weirdness around suffering

Our relationship with not always being happy is complicated — and rarely talked about.

Often, it's really a cry for boundaries

Many authorities see burnout less as a personal failing, and more as a signal we're missing something structural.

PART THREE

Practice & Close

Boundary Practice: Your Land

Guided Exercise

*A hands-on practice in naming, seeing,
and protecting your own boundaries.*

Find a comfortable position. Both feet on the floor and a tall spine. Shoulders over hips, head over shoulders, chin level with the ground..

Self-Compassion in 2 Questions

Dr. Russell Kolts

1

“Given what I know about myself, does it make sense that I would struggle with this?”

Spoiler Alert: The answer is always YES!

2

OK, given that, what would be helpful?

Words of Equanimity

Dr. Kristin Neff



If you find yourself judging your own efforts, or questioning whether you've done enough, try repeating:

“Everyone is on their own life journey.”

“I am not the cause of this person's suffering, nor is it completely within my power to make it go away, even though I wish I could.”

“Moments like these are difficult to bear, and yet I will try to help if I can.”



Thank You

What's one thing you're taking with you today?