



*It is not the potential stressor itself but how you perceive it and then how you handle it that will determine whether or not it will lead to stress.*

- John Kabat-Zinn, 1990, Full Catastrophe Living



Art by Jinjer Markley @jinjermarkley on Instagram and FB

# The Burnout Antidote

Protecting your energy, promoting well-being, and projecting healing Presence to those in your care.

## Mindfulness Focus

**Perceptual Awareness**—I can change my perspective of a stressful moment to see how it is here to help, not hurt, me.

*“Your perception determines the way things will behave for you and toward you. We tend to perceive difficulty as disturbance. Ironically, difficulty can be a great friend of creativity.”* (John O’Donohue, 1997, Anam Cara)

## “I Can” Statements

I can **RESTORE** calm in my mind and body at the onset of a stress trigger by immediately connecting to my breath and activating my soul/vagus nerve.

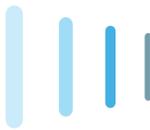
I can **RESTORY** and disrupt the story-line of the stress trigger:

I can **RECLAIM** *personal power and energy* in stressful moments to expand my critical consciousness so that I am able to BE both **CURIOUS** and **REVERENTIAL** about what I cannot see so that I can better see next steps in my actions that are aligned with peace, justice, and personal integrity (actions in alignment with my core values).





# Fire



Judy Brown, *Leading from Within*, ed.  
By Sam M. Intrator and Megan Scribner

What makes a fire burn  
is the space between the logs,  
a breathing space.

Too much of a good thing,  
too many logs  
packed in too tight  
can douse the flames  
almost as surely  
as a pail of water would.

So building fires  
requires attention  
to the spaces in between,  
as much as to the wood.

When we are able to build  
open spaces  
in the same way  
we have learned  
to pile on the logs,  
then we can come to see how  
it is fuel, and absence of the fuel  
together, that makes fire possible.

We only need to lay a log  
lightly from time to time.  
A fire  
grows  
simply because the space is there,  
with openings  
in which the flame  
that knows just how it wants to burn  
can find its way.

Take time and imagine the image of the burning flame in this poem needing as much space as the logs.

Think about how this relates to your well-being— your [BEING-ness](#) as an educator and caregiver needs to be buffered by space between the logs of your [doing](#) to keep the flame burning IN vs. burying out.





# Joy & Gratitude

Stoking Energetic Protection against Burnout



*No dark fate determines the future.  
We do. Each day and each moment,  
we are able to create and re-create  
our lives and the very quality of  
human life on our planet. This is  
the power we wield.*

-The Book of Joy



Art by Jinjer Markley @jinjermarkley on Instagram and FB

1. Describe the moment— what was happening?
2. Describe how you felt— name some emotions that make up joy.
3. Describe how you behave when in moments of joy.
4. On a sticky note, write down one new awareness you have of your joy state.

 joy

# Core Competencies of Well-Being

## Self Awareness



### OUTCOMES

- Sharpened attention and increased capacity to focus
- Increased ability to self-assess
- Improved decision making
- Heightened capacity for seeing multiple perspectives
- Increased awareness of one's purpose and core values as an educator

## Emotional Resilience



### OUTCOMES

- A flexible and adaptive mindset
- Improved emotional regulation and self-control
- Positive and optimistic outlook
- Inner strength and grit for managing difficult situations
- Increased energy, involvement and engagement

## Unconditional Positive Regard



### OUTCOMES

- Improved relationship with the self
- Increased capacity for authentic, non-judgmental, trusting relationships with students and colleagues
- Openness and responsiveness to the needs of all learners
- Solid understanding of the neuroscience of empathy and compassion





# Present Well-Being™

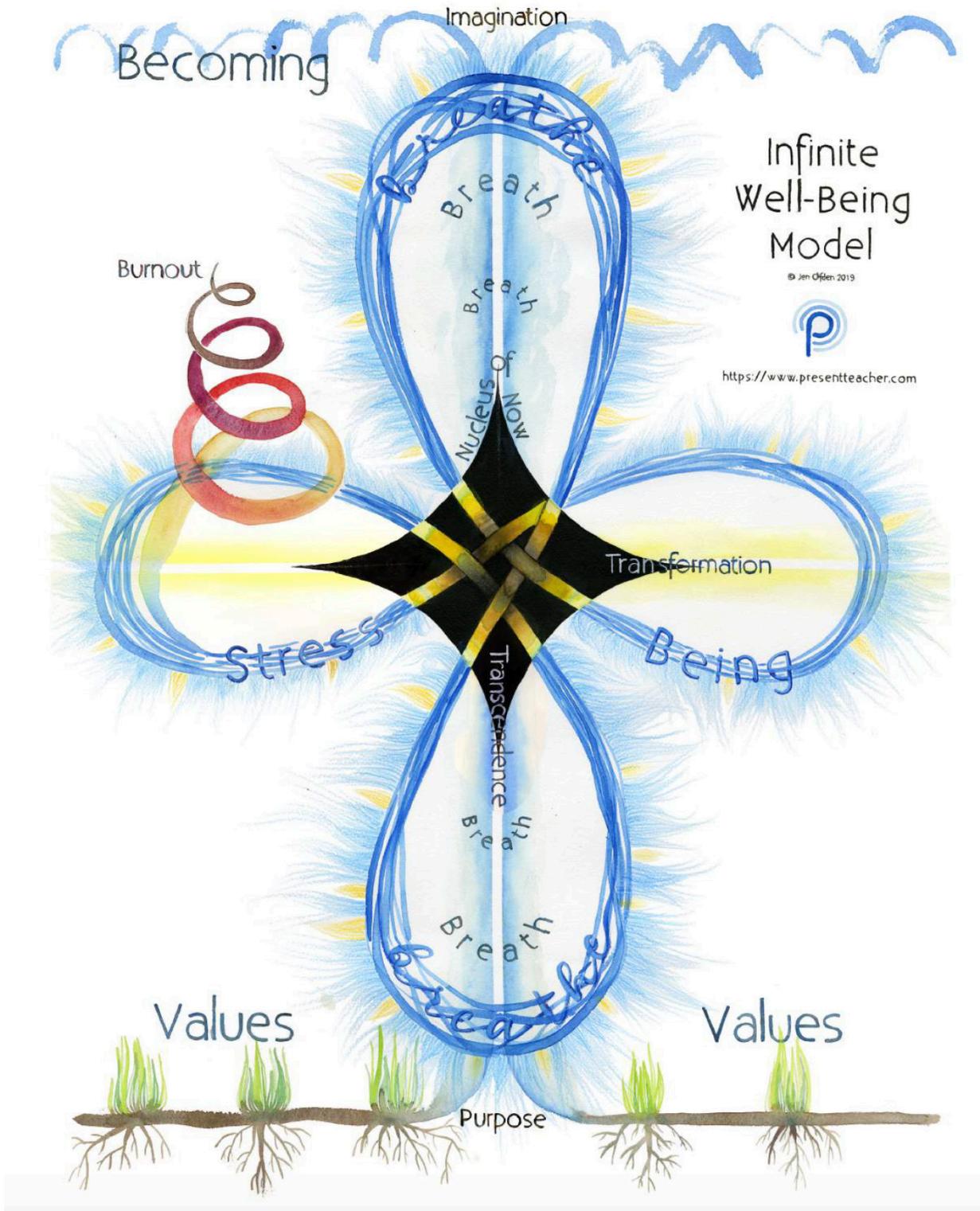
## CORE VALUES

Acceptance	Determination	Humility	Professionalism
Achievement	Diligence	Humor	Recognition
Adventure	Discipline	Imagination	Reflection
Affection	Diversity	Independence	Reliability
Altruism	Dynamism	Influence	Resourcefulness
Ambition	Effectiveness	Ingenuity	Responsibility
Arts	Efficiency	Inner Harmony	Reputation
Assertiveness	Elegance	Inquisitiveness	Rigor
Authenticity	Empathy	Insightfulness	Security
Authority	Enjoyment	Integrity	Self Respect
Autonomy	Enthusiasm	Intelligence	Service
Balance	Equity	Intuition	Sensitivity
Beauty	Excellence	Interdependence	Serenity
Belonging	Excitement	Joy	Sharing
Boldness	Expertise	Justice	Simplicity
Calmness	Exploration	Kindness	Solitude
Caring	Expressiveness	Knowledge	Spirituality
Carefulness	Fame	Leadership	Stability
Celebration	Fairness	Legacy	Strength
Challenge	Faith	Love	Structure
Cheerfulness	Family	Loyalty	Success
Choice	Flexibility	Merit	Support
Clear-mindedness	Focus	Obedience	Team Work
Commitment	Forgiveness	Openness	Thankfulness
Community	Freedom	Order	Thoughtfulness
Compassion	Fun	Originality	Time
Competitiveness	Generosity	Passion	Tolerance
Connection	Goals	Peace	Togetherness
Contribution	Gratitude	Perfection	Tradition
Consistency	Happiness	Personal Growth	Trust
Contentment	Hard Work	Perseverance	Truth-Seeking
Creativity	Healthy	Pleasure	Understanding
Curiosity	Helping Others	Positive Attitude	Unity
Democracy	High Expectations	Power	Variety
Decisiveness	Honesty	Pride	Vulnerability
Dependability	Hope	Productivity	



# Infinite Well-Being Model

TM



# Present Teacher Mental Health

Leveraging "dis-orienting" dilemmas as opportunities to engage HEALING in mind, body, and spirit.

## 3. Align Thoughts and Emotions with core values

Become critically conscious of your stress story and intentionally RE-STORY your thoughts to be in alignment with your core values.

How is this stress reaction shaping the thoughts running through my head?

What am I thinking? (Just notice your line of thinking-- don't judge or shame the current storyline).

**A:** Are these **ANXIOUS** and **AWFULIZING** thoughts?

**B:** Are these **BOSSY** thoughts?

**C:** Are these **CRITICIZING** thoughts?

How can I leverage the fear-based thoughts as the springboard to create a **mirror-opposite thought** that better aligns with the energy of my values and integrity?

## 1. Honor the Trigger

Witness Moment/Context Clearly

NOTICE how you are POSITIONING your Perspective

Re-Position the self to see the situation, self, context, another, and experience from a conscious orientation. Critically explore your perception, especially if you are experiencing a stress reaction.

- Context of the moment always influences our experience of the moment.
- Explore "seeing what frames your seeing."

## 2. Embody Yourself with the Breath

**BREATHE**  
and become fully  
present and embodied.

## 3. Align Thoughts and Emotions with core values

Your emotions are deeply connected with your core values and are part of your spiritual guidance system. Feel and acknowledge **all** your emotions. They are messengers who have something to teach and tell you.

NOTICE. FEEL. LISTEN. and EXPLORE the ORIGINS of your emotions.

**1. Note two thoughts that ran through your head during the stress trigger.**

**2. For each thought, what emotion did it produce?**

NOW GROUND INTO YOUR CORE VALUES THROUGH EMBODYING YOUR BREATH.

**3. What is a mirror-opposite thought you can imagine for both your initial thought reactions?**

**4. When you imagine these new thoughts, what emotions do THEY produce?**

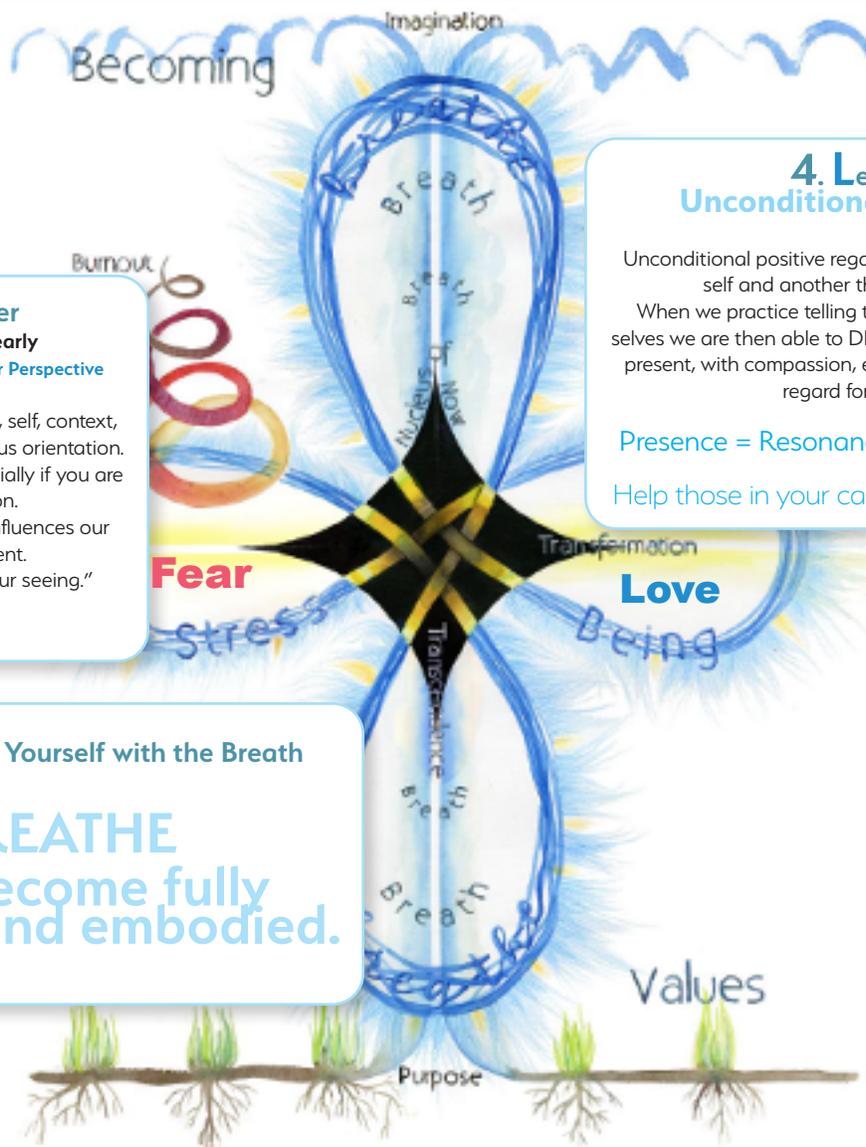
## 4. Lean into Love Unconditional Positive Regard

Unconditional positive regard is a state of BEINGNESS with the self and another that assumes positive intent.

When we practice telling the truth of who we are to our very selves we are then able to DIS-POSITION ourselves so to **be** fully present, with compassion, empathy, and unconditional positive regard for those in our care.

Presence = Resonance, Respect, and Reverence

Help those in your care **believe** in their self-worth.

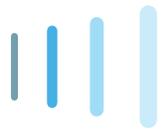




# Feelings Wheel

Based on Nonviolent Communication  
by Marshall Rosenberg Ph.D.





# Present Teacher™

## The Burnout Antidote - Teacher Restoration Practice Points

**I can RESTORE calm in my mind and body at the onset of a stress trigger by immediately connecting to my breath.**

Keep training your connection to your breath when you are not in moments of stress.

- Bookend your day with focusing on your breath for just 5 minutes at a time.
- Play with guided meditation on the **Calm** or **HeadSpace** Apps..
- Try Yoga! The definition of yoga is to “yoke” the breath with movement in the body. We love **Yoga with Adriene on YouTube!** Yoga helps to activate that vagus/ soul nerve in your body, to restore calm to the mind and resilience in the body's joints and muscles. Yoga also produces dopamine which improves self-awareness and that feel good effect in the body.

**I can RESTORY my narrative that stress is bad to remember that stress is an important part of my spiritual practice of being present for myself, my needs, my desires, and teaching and caring in alignment with my values.**

**AND**

**I can RECLAIM my power to redirect the flow of energy in a stressful moment so I don't feel depleted but rather energized by my capacity to be resilient in moments that are designed to help me see my capacity to burn bright instead of burn out.**

Get into a habit of noticing your top stress triggers and then when the moment has passed, get curious and reflect!

Use the guided reflection prompts on the **HEAL Infinite Well-Being Model™** to move and metabolize the energy of the stress moment.

- Teachers report the most impact from this practice when they printed out hard copies of both steps of the practice and made a commitment to reflect on daily stressors as a part of their mental health routine.
- Many teachers suggest engaging the **HEAL Infinite Well-Being Model™** process daily for 10 days to help hardwire this process.
- Simply spending time with yourself each day reflecting on how you relate to the normal stressors will be an incredible investment in developing core SEL competencies of self-awareness, self-regulation, situational awareness, and responsible decision making.



# Present Well-Being

## The Burnout Antidote - Teacher Restoration Practice Points

### BODY HEALTH

#### Calming a Stress Trigger in the Body

##### BODY Rx: Belly Breathing

Did you know that belly breathing-- dropping your full attention into your belly and taking long slow inhales and exhales-- stimulates your **vagus/soul nerve** which runs from the head down the neck, through the chest, and to the colon. This nerve:

- activates your relaxation response,
- reducing your heart rate,
- reduces your blood pressure,
- lowers your stress levels.

Practice your belly breathing daily! Set a reminder/fitter on your phone. When it goes off, put your hand on your belly and breathe for 12 breaths. This trains your brain to connect to your breath. This connection will come in handy when you get triggered by a stressor.

WHEN YOU ARE IN A STRESS TRIGGER, put your hand on your belly and breathe to activate your **vagus nerve and train your mind and body to become calm in the middle of a stressor.**

### MENTAL HEALTH

#### HEALing through your triggers

##### Mind Rx: 3x per week (or per trigger)

Practice metabolizing stress into restorative and sustainable energy.

AFTER you experience a stress trigger, use the HEALing Model Reflective Practices.

Notice how you feel after the reflective practice exercise.

Remember-- you are engaging in this mindful awareness exercise to **gain insight** into how your mind and body work together as well **make meaning** about the origins of your triggers.

### SPIRITUAL/SOUL HEALTH

#### Spiritual Rx: Create “worry free windows”

The external world is constantly bombarding us with things that desire and demand our attention-- email, texts, phone calls, social media, (etc.).

The internal world can be just as demanding. Our A,B,C (**Anxious, Bossy, and Criticizing**) thoughts can tug our attention away from our peace, centeredness, and calm.

Intentionally establish (2) **“worry-free windows”** a day where you make a commitment to yourself to NOT respond to the external and internal tugs on your attention. As you pay attention to your stress triggers, notice if there is a predictable time of day when you are most vulnerable to a trigger taking root. Create a 30 minute “worry free window” during that time of day. Tell your mind and body that you will deal with the stress provoking situation or thought after the worry-free window is over.