

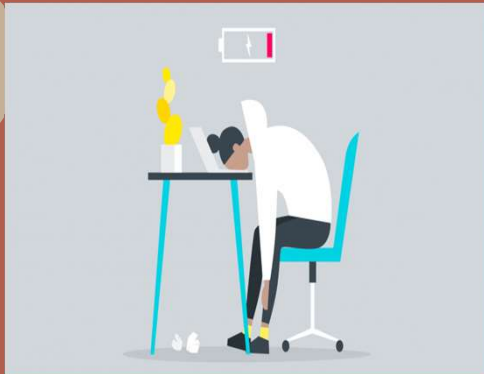
From Burnout to Balance

With Jennifer Brilliant & Yael Flusberg

November 22nd, 2020



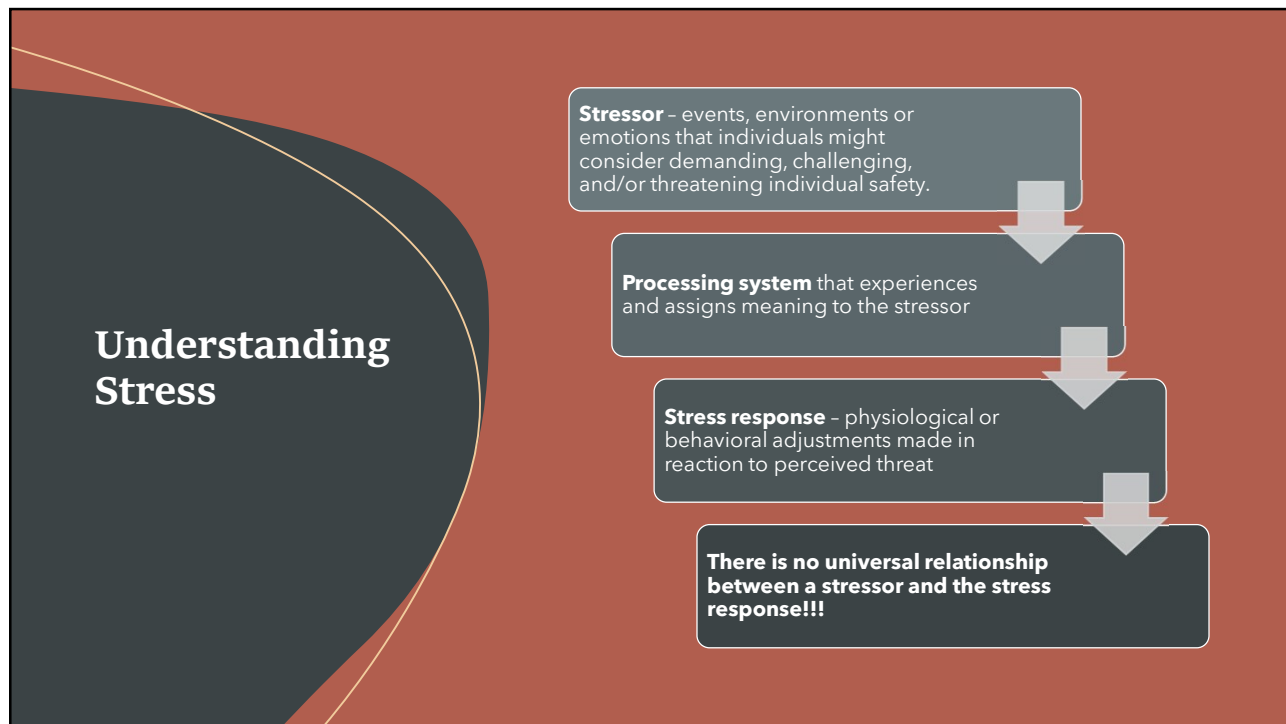
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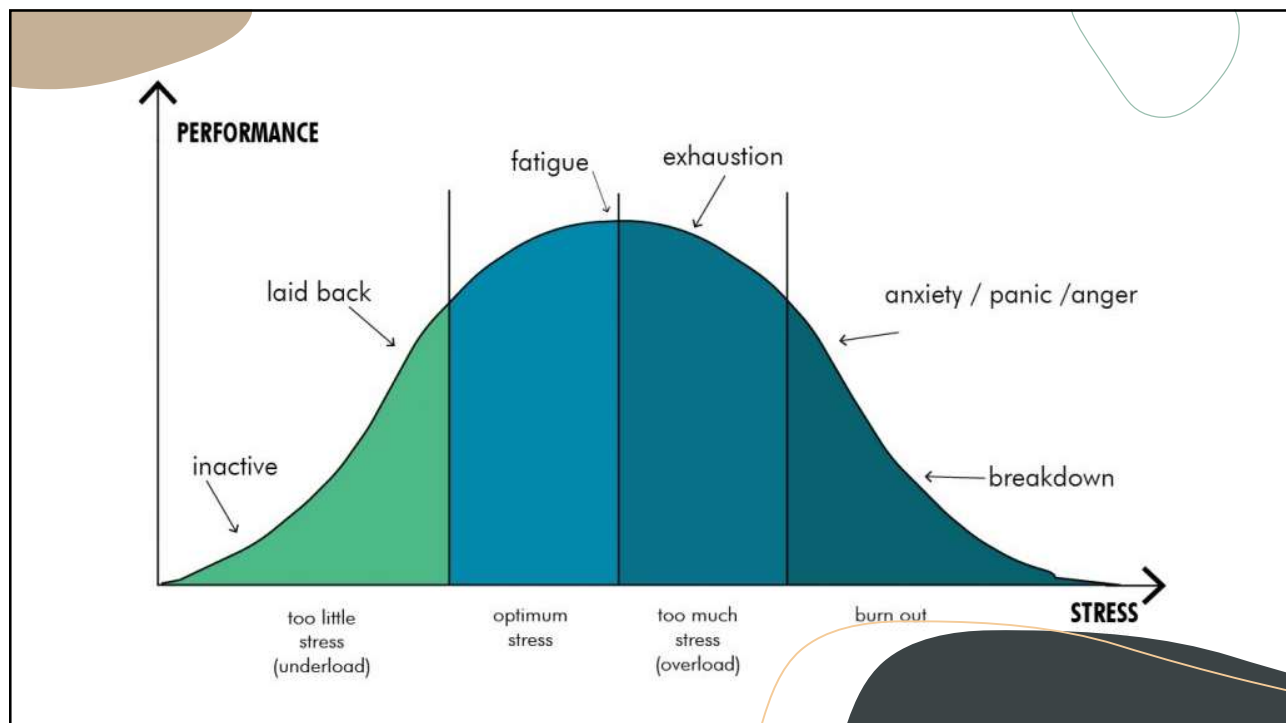
What is burnout?

- “Burnout: the Secret to Unlocking the Stress Cycle by Emily and Amelia Nagoski” – defines burnout as including these three markers
 - Emotional exhaustion
 - Depersonalization
 - Decreased sense of accomplishment(based on the 2013 WHO definition)

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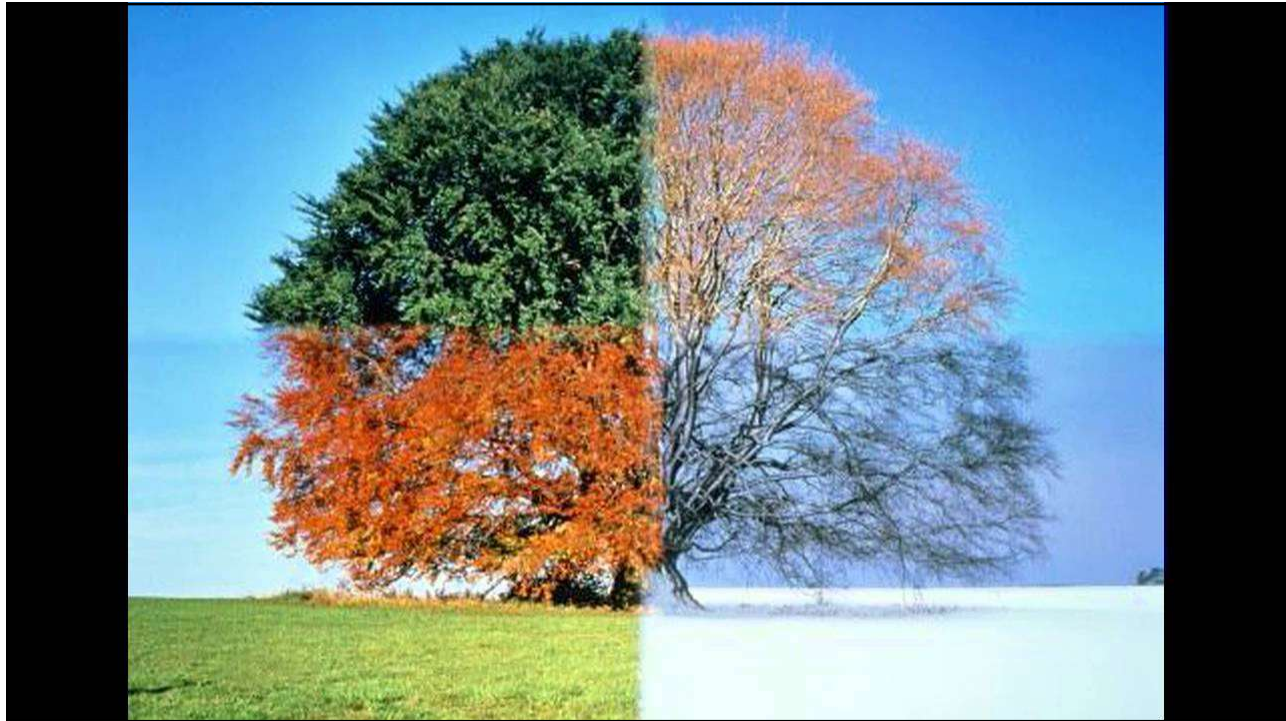
"Stress is not bad for you; being stuck is bad for you."

– from "Burnout: The Secret to Unlocking the Stress Cycle" by Emily and Amelia Nagoski

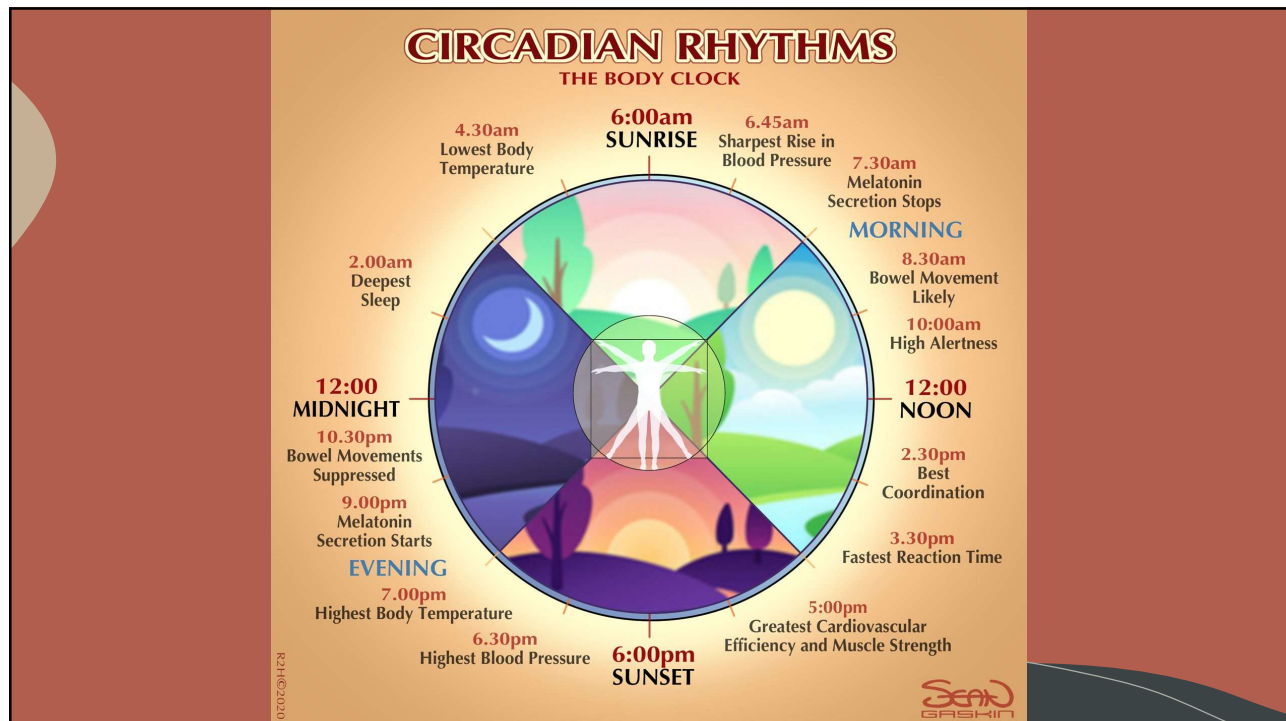
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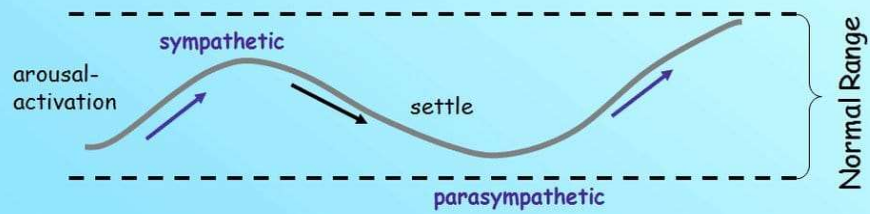


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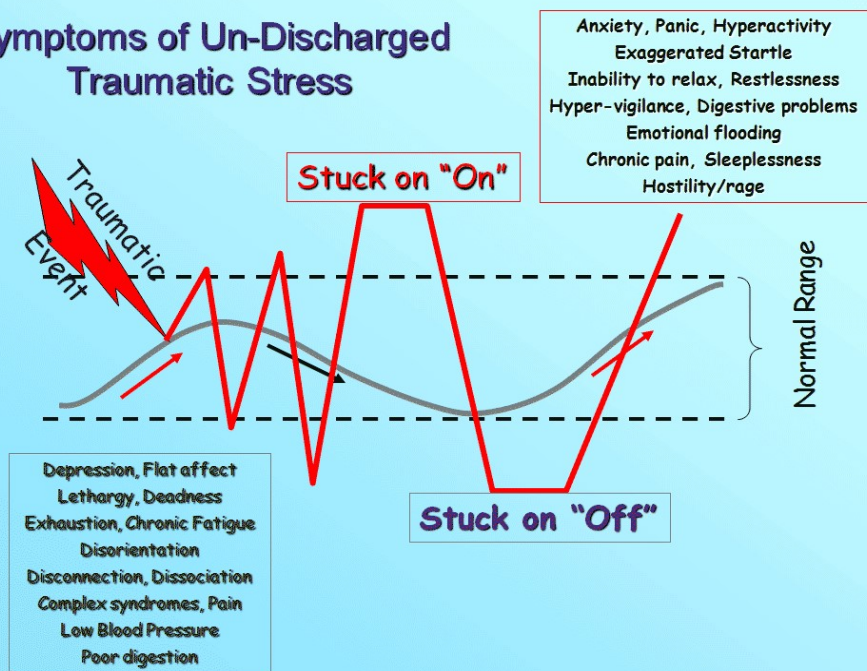
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A Healthy Nervous System



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Symptoms of Un-Discharged Traumatic Stress



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Writing from the nervous system



11

Emotions, Tunnels & Completing the Stress Cycle



12



13