



ARIZONA
SMALL
BUSINESS
BOOT CAMP &
COLLECTIVE

RESPOND → PLAN → RETURN STRONGER



Techniques to Reduce Stress & Burnout

PRESENTED BY
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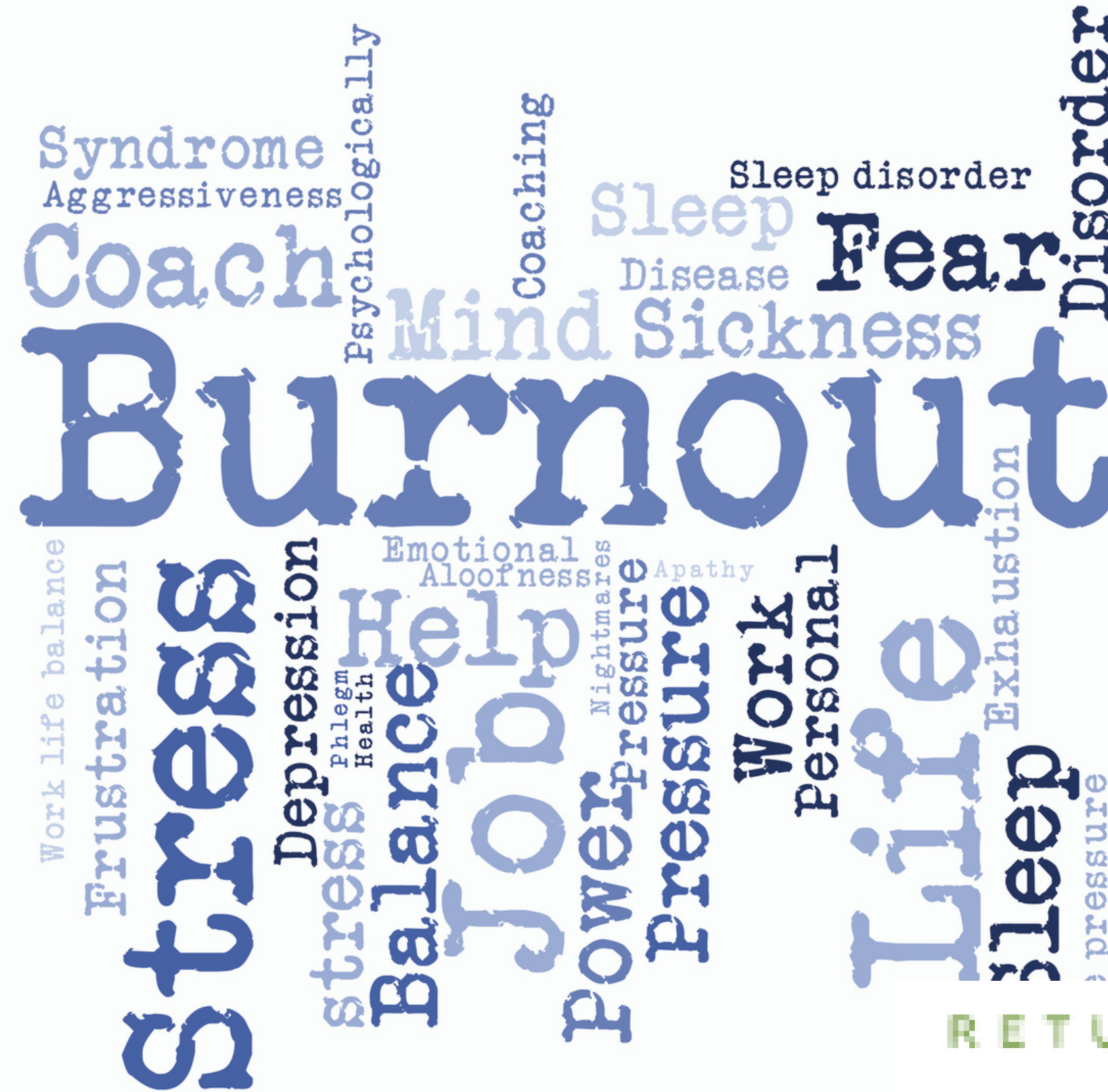
10-12-2021

OBJECTIVES



- **Current state & overlooked signs of stress & burnout**
- **Strategies to reduce burnout, anxiety & stress**
- **Techniques to reduce stress to help you get it all done**
- **A technique to keep work from bleeding into personal time**

WHAT IS STRESS & BURNOUT



RETURN STRONGER



QUICK ACTIVITY

**RATE YOUR CURRENT
STRESS LEVEL**

1-10



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DOES IT MATTER?

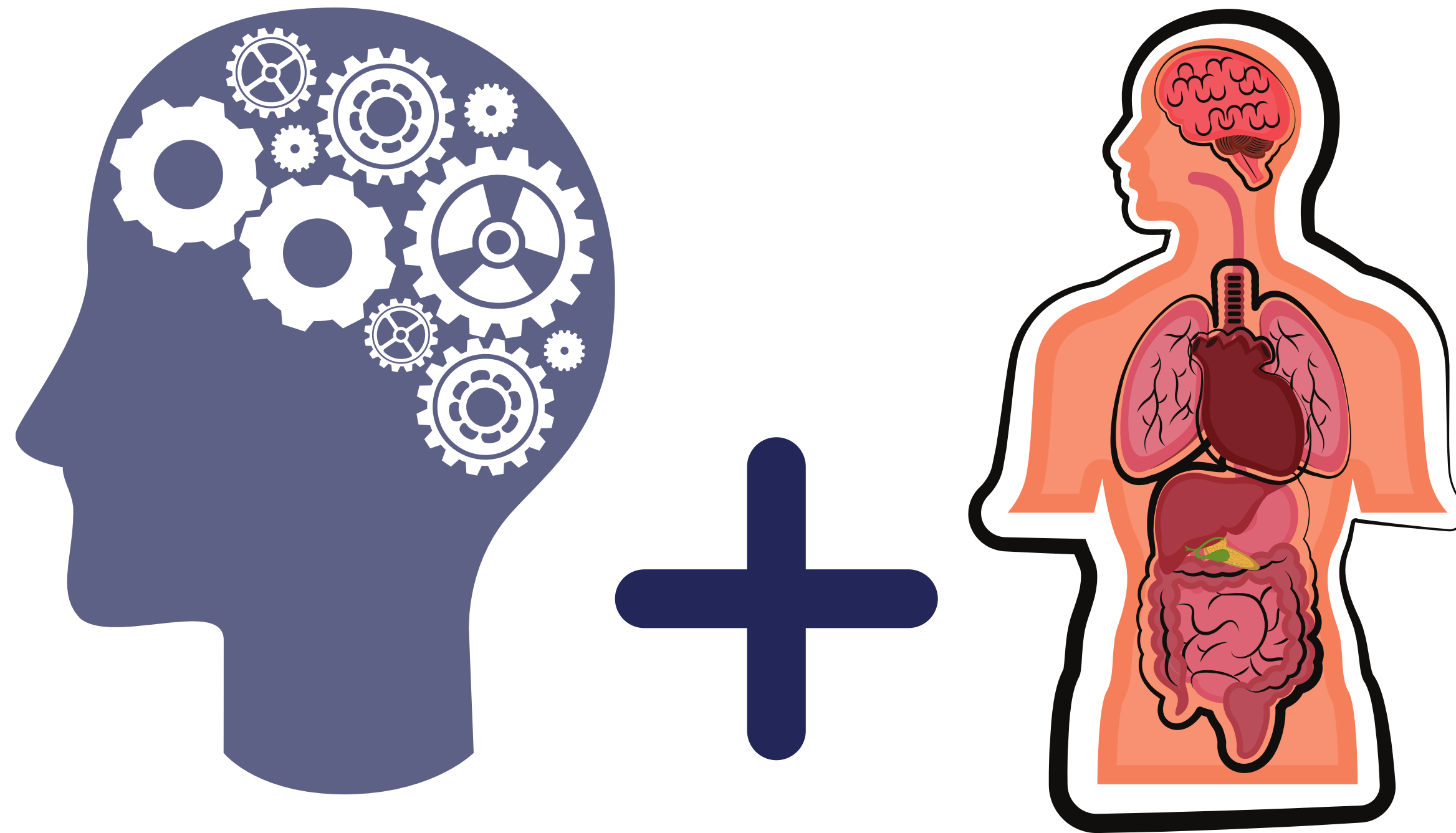
50% of Turnover Attributed to Stress & Burnout

50% of Absenteeism Attributed to Stress

75% of Doctor Office Visits Attributed to Stress



OVERLOOKED SYMPTOMS



Headache
High Blood Pressure
Heart Problems
Diabetes
Skin Conditions
Asthma
Arthritis
Depression
Anxiety
Obesity



CHRONIC STRESS

CONTRIBUTES TO TOP CAUSES OF DEATH



1. Heart Disease

2. Cancer

3. Lung Ailments

4. Accidents

5. Cirrhosis of the Liver

6. Suicide

- **\$190 BILLION YEAR**
- **120,000 DIE ANNUALLY**
- **75% OF ALL DOCTOR VISITS ARE STRESS RELATED**

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STRESSED? YOU ARE NOT ALONE



- 34% of adults feeling more burned out than 2020
- 69% of adults working from home exhibit burnout symptoms
- 78% of adults say COVID-19 & current environments stressful
- 50% of adults say that stress is negatively impacting them

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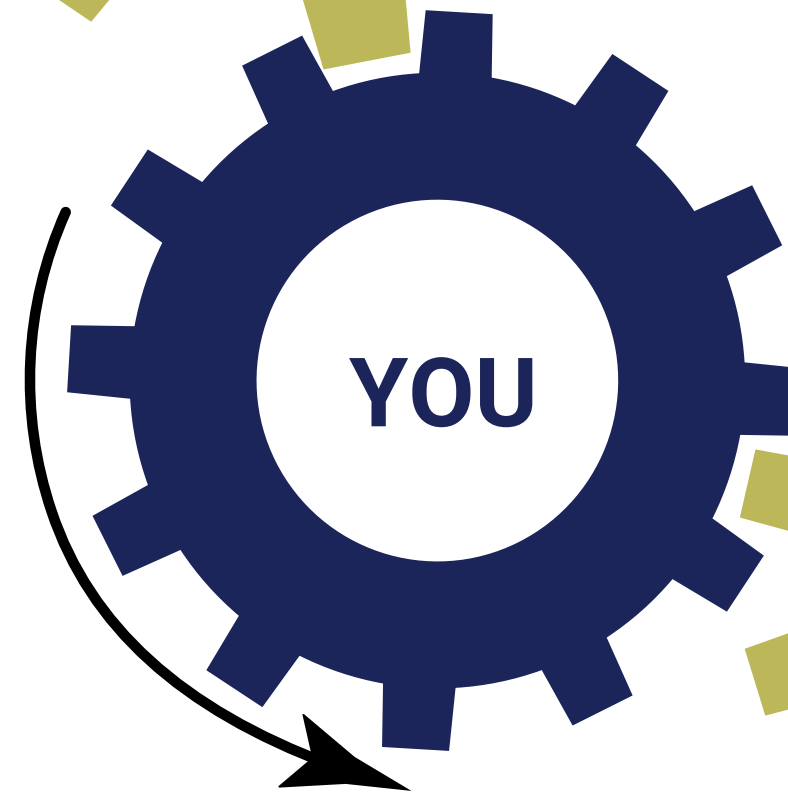
STRATEGIES TO REDUCE RISK OF BURNOUT



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WHAT IS BURNOUT



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**YOU CAN'T
POUR FROM
AN EMPTY
VESSEL**



SELF CARE
COMES FIRST

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TOP STRATEGIES



SLEEP

STILLNESS OR MINDFULNESS PRACTICES

LEARNING TO SAY NO



SLEEP

- **CDC recommendation 7-9 hours**
- **Make sleep a priority**
- **Consistent bedtime routine**
- **Get outside daily**
- **Limit technology in the evening**
- **Dietary tools: limited caffeine,
add resistant starch**



STILLNESS MINDFULNESS PRACTICES



- Stillness Practice
- White Space in Calendar
- Meditation
- Breathing
- Grounding
- Yoga
- Forest Bathing
- Journaling



NO

- ☐ YES
- ☒ NO
- ☐ MAYBE

but thank you for asking

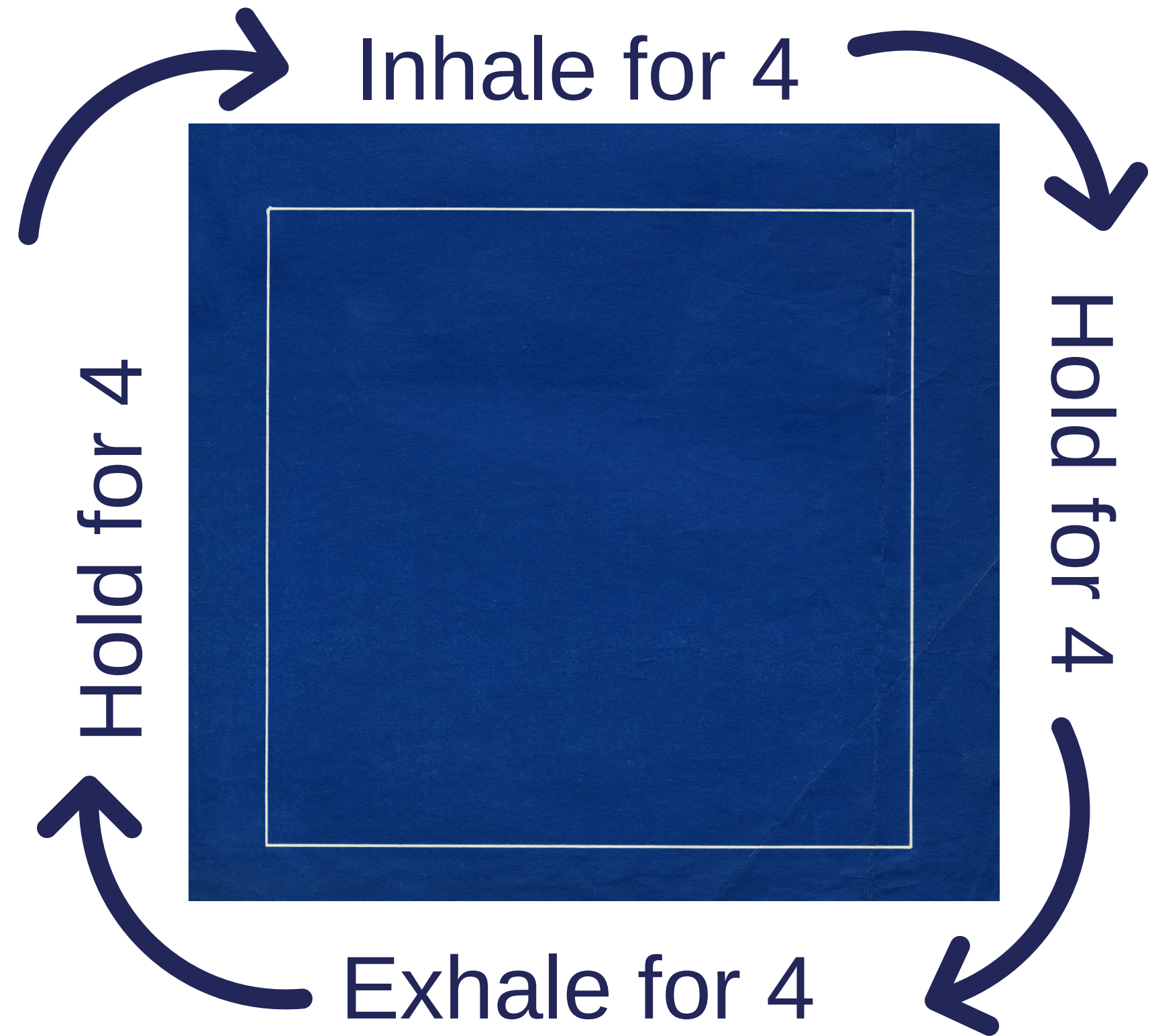
PUT IT INTO PRACTICE



- Simple Stillness
- Breathing Techniques
 - Box Breathing
 - Deep Breathing
 - 4/7/8 Breathing
- The 5-4-3-2-1 Technique



BOX BREATHING TECHNIQUE



Repeat 5-10 times



DEEP BREATHING

- Deep breath in
- Hold
- Blow out as long as you can
- Goal - exhalation longer than inhalation



4-7-8 BREATHING

- Inhale for count of 4
- Hold for count of 7
- Exhale with pursed lips for count of 8
- Press tongue to front teeth & palate

In 4 - Hold 7 - Out 8



5-4-3-2-1

- See 5 things
- Touch 4 things
- Hear 3 things
- Smell 2 things
- Taste 1 thing

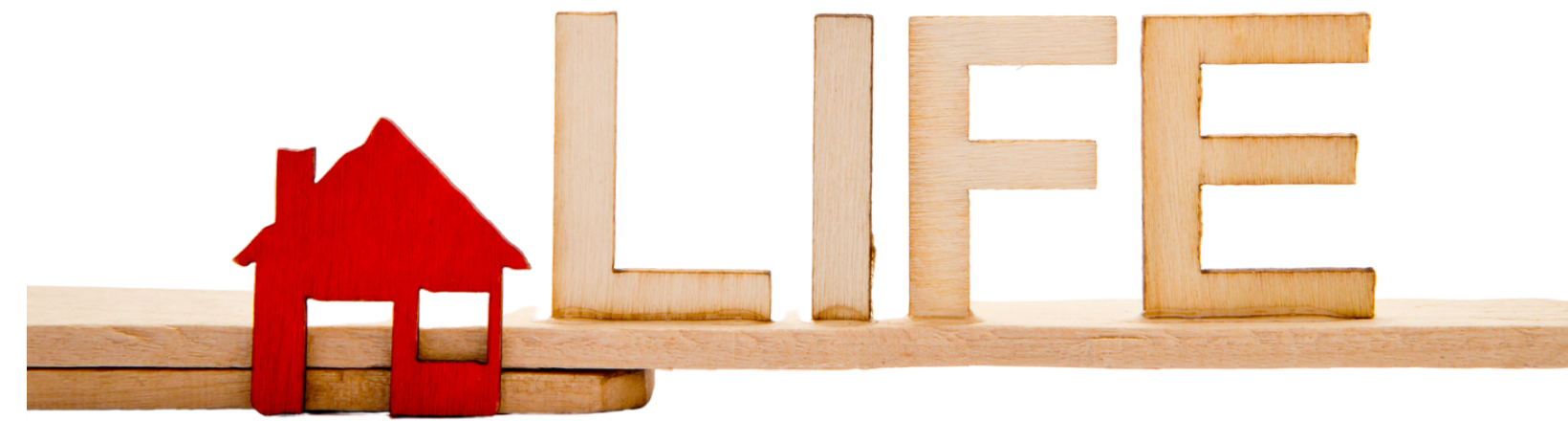


LEAVE WORK AT WORK

- **Setting boundaries**
- **Having designated workspace**
- **Communicating work expectations**
- **Disconnecting from technology**
- **Having end of day closure**



CLOSE THE DOOR TECHNIQUE



END OF THE DAY PRACTICE

Breathe -

Gratitude -

Affirm -

Visualize -

Smile

RETURN STRONGER 

PUT INTO PRACTICE



- Stand behind door & breathe 4 -10 deep breaths
- Think of 2 things you are grateful for today
- Simply say, "I did my best today!"
- Visualize yourself shedding all of the work stress
- Smile, walk through the door, shut the door & ending your day

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WHAT CAN YOU IMPLEMENT IMMEDIATELY?



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QUESTIONS/COMMENTS



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