



Episode 195: Am I Burning Out?

Quick Dip Episode

As high-stress professionals, we face increasing stress and pressure every day. This makes it difficult to determine when is too much stress too much? Are you thriving and productive as you check off task after task or are you slowly burning out under all this pressure?

This age-old question of “Am I burning out?” is something each of us has asked at least once in our career. Unfortunately, for many of us, once you realize the answer is yes, it may be too late.

In this You Are Not a Frog Quick Dip, we talk about recognizing how you’re doing under the growing pressures of a high-stress job. Find out if you’re thriving at just the right amount of pressure or starting to burn out under it. You’ll also learn what next steps you can take once you recognize the signs of burnout to prevent it and take care of yourself.

Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors!

Find out more about the [Shapes Toolkit Training programme](#)

Check out more [free resources](#) from You Are Not a Frog

Join the [Shapes Collective FB group](#)

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Start thriving with the [Thrive Week Planner](#)

[Harvard Business Review: Are You Too Stressed to Be Productive or Not Stressed Enough?](#)

Use our [FREE Stress Curve Worksheet](#) to recognize when you’re burning out.



Quote to remember:

“If you put someone under enough pressure for long enough, they will start to slip down the curve. You are not admitting that you are flawed. You are admitting that you are human.”

What You Will Learn

Burnout is something most high-stress professionals are familiar with. Unfortunately, it is also often ignored, leading to deteriorating health and well-being. It's important to be aware when you're starting to burn out so that you can make the right changes to prevent it.

In this activity, you'll learn about how to recognize whether you're thriving or burning out from the stress and pressure of your job. With the Stress Curve, find out in which area of pressure and performance you fall under. Once you understand your current place on the curve, you'll be able to take the steps to either stay in peak performance or prevent yourself from sliding further into burnout.

The next parts of the activity depend on which area of the Stress Curve you find yourself in. If you're in Area 2, the activity helps you determine how you can take care of yourself and stay in this thriving sweet spot. As you find yourself starting to fall into Area 3, identify and keep an eye out for the early warning signs of burnout.

If you're in Areas 3 and 4, it's important to acknowledge the risk of burnout and seek the help and support of others. The activity encourages conversations with your colleagues and loved ones to help you recognize burnout when it's happening. It also guides you in understanding the key factors that lead to your decreasing performance. Find out what small changes are in your control that you can take to get back up from Areas 3 or 4 and into the thriving Area 2.



Activity: How To Recognize When You're At The Edge of Burning Out

Let's answer the question, "Am I burning out?"

Take a snapshot of where you are on the curve. Ask yourself, how much pressure are you facing right now and how is your performance as you face this pressure? You can also use the free [stress curve handout](#) to help you in this part of the activity.

How much pressure are you facing right now?

How is your performance?

Based on your answer, where are you on the stress curve?

Area 1 – Low Pressure, Low Performance	Area 2 – Increasing Pressure, Peak Performance
Area 3 – Increasing Pressure, Decreasing Performance	Area 4 – Unrelenting Pressure, Continuously Decreasing Performance

Too often, we underestimate where we truly are on the curve or don't see everything. Ask your friends and family if they think you're burning out and where they think you are on the curve.

The Next Steps Based on Your Area



If you're in Area 2, do this part of the activity first. That's great! Keep assessing yourself regularly. Go back to this activity each week and see if your place on the curve has moved.

Date:				
Stress curve snapshot:				

What are the things you're doing now that help keep you in Area 2? List them.

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Make sure not to let go of these activities whenever times get busy.

If you think you're nearing Area 3, it's important to know your early warning signs of burnout. Keep an eye out for these signs. Write them down below and check if there are any signs you're already experiencing.

Burnout Warning Signs	Are they present?





If you're in Area 3 or find yourself slipping into 4, well done for recognizing and acknowledging how you feel. The first thing you can do is speak up and tell somebody, a friend, colleague, or partner, that you may be a bit burnt out at that moment. List people you can talk to about feeling burnout.

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You can also express yourself and acknowledge feeling burnt out here. Write down how you feel below.

The next step you can take is to find out and understand what factors contribute to your burnout. What's putting you in Area 3 or 4? These can be stressors, unaddressed issues, difficult relationships, or others.

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Lastly, what small changes can you make to get yourself from Area 3 and 4 and back into the peak performance of Area 2? These should be things that are inside your zone of power.

Are you a leader, a mentor, or perhaps someone who's looking out for your team and colleagues? Take the time to ask them where they are on the curve as well. Open conversations about burnout for both yourself and the others around you.

Your colleague	Snapshot of the stress curve	Thoughts and Insights

CPD time claimed:

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