

Burnout & stress: Resources

# Use this resource list to further explore topics and definitions related to burnout, stress, and compassion.

# Definitions of Burnout

“Burnout is a metaphor that is commonly used to describe a state or process of mental exhaustion, similar to the smothering of a fire or the extinguishing of a candle. The dictionary defines ‘to burn out’ as ‘to fail, wear out, or become exhausted by making excessive demands on energy, strength, or resources’”.

(Schaufeli and Buunk) ***Professional Burnout***

“Burned out workers are those who find themselves suffering from severe emotional fatigue, which is frequently accompanied by physiological symptoms. They feel distressed, alienated, inadequate, and unmotivated”.

(McCormack and Cotter) ***Managing Burnout in the Workplace***

*“*The psychological literature has recognized the syndrome of ‘burnout’. Burnout develops gradually due to the accumulation of stress and the erosion of idealism resulting from intensive contact with clients. It is characterized by fatigue, poor sleep, headaches, anxiety, irritability, depression, hopelessness, aggression, cynicism, and substance abuse”.

(Andrew P. Levin) **“Secondary Trauma and Burnout in Attorneys”**

# A note on Compassion

Physician Stephen Trzeciak describes compassion as, “an emotional response to another’s pain or suffering involving an authentic desire to help. It’s different from sympathy or empathy which are the feeling and understanding components in that compassion also involves taking action”. He goes on to explain how we can behave to become more compassionate in our interactions. To do so, he suggests that, “all you need is 40 seconds of compassion to make a meaningful difference. 40 seconds of compassion can be powerful therapy for the giver too… science shows that compassion can have a different positive effect on your own well-being… compassion for others can make you forget your own worries, at least temporarily”.

**Listen to the full TEDx Penn talk:** <https://www.youtube.com/watch?v=elW69hyPUuI>

# Resources to explore:

**Books**

*Self-Compassion* – Kristin Neff

*Try Softer –* Aundi Kolber

*Burnout: The Secret to Unlocking the Stress Cycle – Amelia Nagoski and Emily Nagoski*

Essentialism: The Disciplined Pursuit of Less – Greg McKeown

*Play* – Stuart Brown

Managing Burnout in the Workplace – Nancy McCormack and Catherine Cotter

**Articles**

“Secondary Trauma and Burnout in Attorneys” – Andrew P. Levin

<https://www.prisonlegalnews.org/media/publications/Secondary_Trauma_and_Burnout_in_Attorneys_-_Effects_of_Work_with_Clients_Who_are_Victims_of_Domestic_Violence_and_Abuse_Levin_2007.pdf>

“Analysis: Satisfied Lawyers Bill More but Work and Stress Less” – Linda Ouyang

<https://news.bloomberglaw.com/bloomberg-law-analysis/analysis-satisfied-lawyers-bill-more-but-work-and-stress-less>

“Your ‘Surge Capacity’ is Depleted – It’s Why You Feel Awful” – Tara Haelle

<https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>

**Videos**

*4-7-8 Calm Breathing Exercise – Relaxing Breath Technique:* <https://www.youtube.com/watch?v=1Dv-ldGLnIY>

*Change your Breath Change your Life –* TEDx Barcelona

<https://www.youtube.com/watch?v=_QTJOAI0UoU>

**Podcasts**

Happiness Spells Podcast – Brené Brown Podcast – *Burnout and Stress Cycle*

<https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>

What’s Essential with Greg McKeown Podcast – Episode 75: Greg McKeown on Achieving Breakthrough Results Without the Burnout

<https://podcasts.apple.com/ca/podcast/greg-mckeown-on-achieving-breakthrough-results-without/id1513285647?i=1000539602075>

# A Note from Michele:

Thank you for engaging in the presentation focusing on Burnout and Stress. There is a really helpful book and podcast listed on my resource list called Burnout: Unlocking the Stress Cycle. it’s a game changer!  The authors argue that when we are stressed and feeling heightened emotions, we need to complete the stress cycle.  This can be done in the following ways:

1) exercise (physical activity in general)

2) breathing (see some helpful tools in my resource list)

3) positive social interaction (hello community!!)

4) laughter

5) affection

6) crying (this can be incredibly therapeutic!)

7) creative expression

and I want to add an 8th one which I don’t have time to go into today but is referenced in my handout for you— “compassion”