



October 2014 Volume 5, Issue 10

Number 53

Click for section: [Features](#) [Offers](#) [Resource](#) [Tip](#) [Where](#) [About](#)

a MESSAGE from SYLVIA

Job Burnout: Are YOU There Yet?

These days, stress at work tends to be most people's constant companion. I'm talking about negative stress, the kind that makes folks frazzled and sick. Chronic, no relief pressure can lead to burnout, a silent condition characterized by emotional and/or physical exhaustion. It is real. Sometimes without warning it transitions you from the status of living to existing very fast. On a conscious level nobody I know wants to go there.

Over time this creeping syndrome waves warning signs you may ignore or miss. Perhaps you dread the ring of your alarm clock, feel despondent, snap at colleagues, or struggle to concentrate. Maybe you procrastinate about starting projects, excuse low productivity, feign motivation, watch the clock, or overeat. Possibly, you're trying to function with a muddled head or you're losing your creative edge. Do any of these describe YOU?

As a career development specialist, I encourage you to take burnout seriously. Burnout doesn't dissolve on its own. Burnout requires something of you: An honest assessment, a decision, an action. If you think you're close, claim and implement at least three of the strategies discussed in my feature article below. Do it now.

FEATURE ARTICLE

Rescue From Burnout: 7 Life and Career Saving Strategies

From our Photo Archives



Overworked, unappreciated, victimized, or detached? Maybe it's time to pause and take stock. Don't let the monster called burnout claim your life and career. The price is too high. Consider the following strategies to recharge:

1. Acknowledge and respond to your needs.

Conduct regular mini check-ins with yourself throughout the day. Connect with your personal feelings and needs before making commitments, initiating conversations, and participating in meetings. Avoid falling into the people pleasing trap at your own expense.

2. Ask for help.

When you don't know how to do something, seek guidance from someone who does. When you're running out of steam, delegate certain tasks to people you trust. Contrary to popular belief, asking for help demonstrates keen self awareness and strength.

3. Develop a support system.

Social interactions with folks you respect and love are the best inoculation against physical and psychological bankruptcy. While you may want to crawl into a hole, pick up the phone. Invite a friend to dinner, book a bike ride, solicit input to your latest nagging problem. Believe me: The world looks different afterwards.

4. Choose positive emotions.

Expand your knowledge of positive emotions, then allow yourself to feast on them. Instead of aiming to feel *good*, take steps that position

you to feel accepted, assertive, calm, confident, empowered, influential, mindful, satisfied, sustained, prepared, present, and valued.

5. Schedule breathing time.

Get up earlier in the morning to enjoy a leisurely cup of coffee while reading a book. Make lunch a priority. Take a walk around the block in the middle of the afternoon. Shut your office door and day dream. Doodle. Stretch. Yawn. For five minutes simply relax.

6. Align with your values.

Engaging in behaviors that don't align with your core intrinsic values invites frustration and exhaustion. Working a job that dishonors or diminishes what you hold most dear is usually a recipe for disaster. Know your values, and look for ways to live them hour by hour.

7. Celebrate wins.

You may be quick to recognize your mistakes and failures, but you are wise to identify and celebrate the successes—even the small ones. At the end of each week do a mental review of all of your accomplishments. Such a practice nourishes the spirit.

Remember: **You** are responsible for how your job affects you. You may assume it's about everybody else. I'm here to tell you it's not. Today make a conscious decision to light your fire. With the exception of a few dreadful situations, this is entirely possible.

[back to Ezine top](#)

What Clients Say

I love my job, but prior to my professional coaching sessions with Sylvia Hepler, there were many basic workplace challenges that caused me so much excess stress. In just a few hours working with Sylvia, she was able to assist me with handling impromptu requests, managing my time more efficiently, and organizing oral presentations. Thanks, in part, to Sylvia's individualized and highly focused coaching techniques I am now a more valuable employee to the Federal Government. I am ready to accept more responsibility and grow within the organization.

- Yemiah Curry, National Institutes of Health, Bethesda, MD

[back to Ezine top](#)

Offers and Opportunities

Take the Sting Out of Stress Strategy Session

In just 20 minutes on the phone Sylvia can show you how to reduce or eliminate some of your stress at work, regardless of its source. If you're tired of feeling frazzled, stuck, nonproductive, or ready to quit, tell Sylvia that you want to schedule a FREE session during the month of October. Simply send her an email at sylvia@launchinglives.biz. Honestly, sometimes maintaining a super high stress level is a choice.

[back to Ezine top](#)

RESOURCES

Take Charge of Your Stress

Before you can do something about your stress, you need to know the triggers. [Click here](#) to obtain access to Sylvia's mini assessment that promises to show you the causes of stress in YOUR life.

Edy Greenblatt's 2009 award winning paperback book entitled: *Restore Yourself: The Antidote for Professional Exhaustion* offers burnout relief by teaching readers how to find the energy necessary for physical and emotional renewal. Available on Amazon.com for \$14.00.

[back to Ezine top](#)

TIP

Set aside thirty minutes of uninterrupted quiet time at work or at home to determine what you believe is the main source of your ongoing stress or burnout. Once you have identified it, list the physical and emotional symptoms you are experiencing currently as well as the price you pay for allowing them to continue. Then assess how **you** contribute to this excessive, chronic stress. The sooner you face your role in the situation, the sooner you can take appropriate action to mitigate it.

[back to Ezine top](#)

Where in the World is SYLVIA?

On October 24, 2014 Sylvia will offer two different presentations during the United Cerebral Palsy of Central PA's Annual Staff Celebration Day to be held in Mechanicsburg. A total of eighty participants will benefit from her forty-five minute workshops entitled "Confidence: The Secret Sauce in Exceptional Job Performance" and "How to Up Your Game at Work with a Dash of EQ".

[back to Ezine top](#)



Join Sylvia on these social networks!

About This Ezine

The purpose of this Ezine is to: 1) Provide readers with valuable FREE content which contributes to personal and professional growth as well as overall career development; and 2) Invite readers to take next steps toward working directly with Sylvia.

Back issues are [available here](#). Send an email by [clicking here](#) to manage your free subscription. Sharing content with attribution is encouraged as is forwarding the Ezine email. Include launchinglives.biz in your list of safe senders or friends, depending upon your email software, to be sure you receive the monthly emailed issues.

Launching Lives Ezine is dedicated to "building people ... building businesses." ©2010, 2011, 2012, 2013, 2014

[back to Ezine top](#)

About SYLVIA

Sylvia Hepler, Owner and President of Launching Lives, LLC, specializes in career development for both corporate and nonprofit executives and managers. Based in South Central PA, she specifically supports clients as they upgrade their

current job performance, seek a promotion, or plan/navigate a career transition. What makes her services unique is that Sylvia helps people to cope with change, loss, and grief as they work on developing their careers. Her professional background includes: nonprofit executive management/leadership, nonprofit community health program start-up, program evaluation, public speaking, business and freelance writing, teaching, and retail sales.

A certified executive coach through The Rescue Institute in Golden, Colorado and Quantum Endeavors in Chicago, Illinois (plus a participant in extensive continuing education opportunities with several coaches of national notoriety), Sylvia offers individual and group coaching, assessments, teleseminars, workshops, keynote speeches, and retreats. She also has created tangible and downloadable products that augment her coaching and speaking services.

For more information and to connect with Sylvia try:

[Launching Lives Website](#)

[Click to contact Sylvia by Email](#)

Reach Sylvia by phone at **717-761-5457**

[back to Ezine top](#)

Launching Lives SERVICES

Launching Lives, LLC is a full service career development company for managers and executives located in South Central PA. Utilizing a holistic approach to service provision, Launching Lives focuses on supporting clients as they create the platinum level career they desire by upgrading their job performance, seeking a promotion, or planning/navigating a career transition

Often people don't really know HOW they might benefit from coaching. Quite simply, ask yourself these questions: "What can't I seem to resolve on my own? What is keeping me awake at night? What am I missing when I look at a certain situation? How can I get to the next professional level? How can I learn certain skills quickly? How can I narrow my professional gaps? How can I motivate my staff? How can I communicate more effectively so I serve myself and others better? How can I reduce my work-related frustration? How can I develop a viable plan of action for myself and/or my organization? How can I obtain greater job satisfaction? Coaching may be the SOLUTION to any of these issues.

[back to Ezine top](#)

© Launching Lives Executive Coaching 2014. Forwarding and sharing content is permitted with attribution. Be certain that you receive each issue of this monthly ezine by-including LaunchingLives.biz in your list of safe senders.

[Click here to Unsubscribe](#)