

SEEPS Training Companion III. Burnout Prevention Strategies

Understanding Overwhelm Signals

Reflect on a situation when you felt overwhelmed, distressed, anxious, activated or frustrated during your work over the past week.

How did overwhelm look and feel like for you in the situation?

Choose 2 overwhelm “signals” to focus on:

- Physical
- Emotional
- Social
- Environmental
- Spiritual
- Intellectual

Example:

Signal 1: Physical

Describe: I felt my ears getting hot, I couldn't sit still.

Signal 2: Social

Describe: I was less patient in conversation, unable to engage in small talk.

Describe situation:

How did you feel overwhelmed in this situation? Focus on 2 signals.

Signal 1:

Describe:

Signal 2:

Describe:

What coping strategies did you use, or may have been useful to reduce overwhelm in the moment or afterwards?