

BEATING BURNOUT BLUEPRINT

5 -step guide for nurses and healthcare professionals to beat burnout and restore balance and vitality and achieve mental clarity and physical wellness.



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I wrote this guide after years of suffering burnout as a nurse working in the hospital setting and being in denial. I was forced by grief to take a closer look at how I was neglecting my mental and physical health for the sake of others. I realized I could not keep resisting the overwhelm and exhaustion and had to confront it so I could heal myself- I learned that I had to find what excites me outside of nursing and chose to prioritize the most important person- 'Me'. Now I am living a balanced, fulfilled life of my design and want the same for others.

I wanted to create this simple 5 step guide that will help you navigate this path from burnout to blissful balance and truly start enjoying life in and outside of your profession.

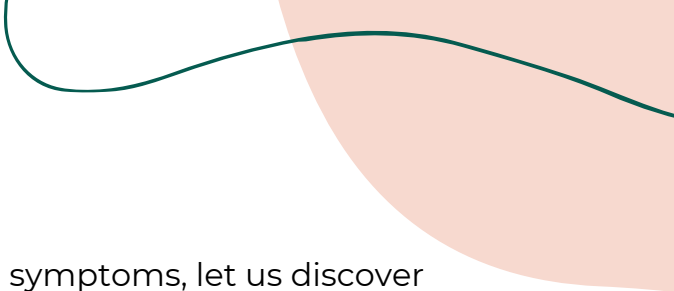
Step 1

Recognizing the symptoms

To overcome burnout you first have to acknowledge it and call it what it is. Burnout is very common and affects healthcare professionals globally. It is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. Recognizing the signs early can help you take action to recover and prevent further damage.

You might be experiencing burnout and not even know it. Go ahead and answer these questions and see if you identify with burnout:-

- ☐ Are you feeling emotionally drained, overwhelmed, or unable to cope?
- ☐ Do find yourself being more cynical and negative than usual?
- ☐ Do you feel like you're not making a difference, or question your competence and the value of your work?
- ☐ Do you experience headaches, muscle pain, or other unexplained physical symptoms?
- ☐ Are you putting off tasks or avoiding responsibilities you once managed with ease?
- ☐ Is your workload consistently heavy, with unrealistic deadlines and expectations?
- ☐ Support: Do you feel unsupported by your supervisors or colleagues?
- ☐ Is your work environment high-stress, chaotic, or lacking necessary resources?



Now that you have identified with at least 2 of the symptoms, let us discover practical and effective techniques that seamlessly integrate into your busy schedule, allowing you to reclaim control over your wellbeing and unlock a healthier, more resilient you. Let's explore them.

Step 1

Prioritize Self-Care

In the demanding world of healthcare, your well-being is a nonnegotiable priority. Taking time for yourself helps you recharge, reduces stress, and improves overall well-being.

Here are 3 powerful ways you can start including every day to improve your well-being.

- **Daily Rituals:** Spend 30 minutes in the morning doing something for yourself. Start your day with a gratitude journal (write 3 things you are grateful for). Create and repeat positive affirmations tailored to your professional journey, reinforcing a can-do attitude in the face of challenges. It is not a one-size-fits-all so overall ensure you choose an activity that you find pleasure in doing.
- **Unplug and unwind** from technology and ensure you are preparing for quality sleep each night. Start indulging in a bedtime routine, eg. a warm bath, your favorite pyjamas, eat nutritious meals, and stay hydrated.
- **Get Physical:** Even a 10-minute walk or workout can boost your mood and energy levels. Start small try different exercise classes and find what you love. Schedule 10-30 minutes on your to-do list.

Step 2

Set up Boundaries

Clearly define your professional and personal boundaries to avoid burnout, ensuring you allocate time for self-care without feeling guilty. Healthy boundaries protect your time and prevent work from overwhelming your life thus creating balance

Here are 3 powerful ways you can start including every day:

- Communicate and define strict work hours and stick to them.
- Avoid bringing work home. Mute or archive the work WhatsApp messages that can trigger you into overwhelm.
- Practice Saying No: Politely decline additional tasks or shifts if you feel overloaded. Have your boundary card ready when you are being asked to commit. For example, 'Let me check my schedule and get back to you'.



Step 3

Connect with Support Systems

Burnout is so common, that 1 in 5 healthcare workers experience it and are unwilling to get help to treat it. So you are not the only one.

Accessing a support network reduces feelings of isolation and provides emotional and practical assistance which can boost confidence and build resilience.

Here are 3 powerful ways to include every day:

- Share your experiences with trusted colleagues who understand your challenges. They too might be feeling similar pressures and you might help each other recover quicker.
- Join groups or communities with other like minds. Revisit old hobbies or try new ones. Seek out new adventures and explore new ways of living.
- Seek out mental health professionals or support groups if needed

Step 4

Use Technology for Wellness

As busy healthcare professionals who are juggling many activities, it can be a struggle to fit in exercise and other relaxing mindful activities in your daily schedule. Technology if used safely can offer structured and convenient ways to maintain physical and mental health. Ultimately you want to choose which tech is best suited for your wellbeing.

Here are 2 powerful ways you can start including every day:

- Use fitness apps to schedule and track your workouts, providing motivation and structure.
- Mindfulness Apps: Apps like Headspace or Calm can guide you through meditation and relaxation exercises. Practice brief mindfulness sessions to bring your attention to the present moment, fostering a sense of calm amidst the chaos of the healthcare environment.



Step 5

Celebrate Your Personal Growth

You are the expert, you have done exceptionally well in your career and you deserve to enjoy your life. You are a high achiever and driven to succeed and you may feel a sense of being stuck associated with your burnout phase. List all your milestones and celebrate all your big and small wins along the way. Self-celebration is an act of kindness to yourself in the present moment and not in the future.

Here are 3 powerful ways you can include every day:

- Enroll in courses, attend workshops, or join professional groups and stay inspired.
- Dedicate time to hobbies and interests outside of work to enrich your life and reduce stress. If it's fun and it fulfills you do it.
- Focus on putting yourself first. Look within and start small from where you are. Soon you will love your progress and your power



The information you've learnt today genuinely has the ability to restore balance, vitality, and achieve both physical wellness and mental clarity. - but only if you actually implement it. I know first-hand how challenging it can be to prioritise yourself + your health when you're busy juggling life and caring for everyone else - that's exactly why I am offering everyone who downloads this ebook 60 minutes with me, entirely complimentary, 1-2-1 on a discovery session so we can identify the root causes, the barriers and challenges that have been stopping you from prioritizing yourself so you can achieve the balance you know you deserve and create a personalized plan to a healthier, fulfilled and harmonious life. By the end of this call, you will feel incredibly excited, enthusiastic, and highly motivated for your transformational journey. And, if it looks like you could benefit with my help further in implementing that plan - we can talk about that as well. Book your call here

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