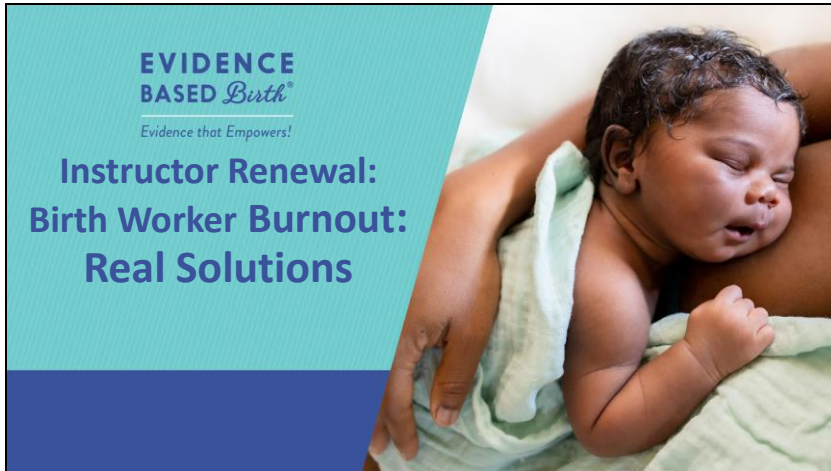




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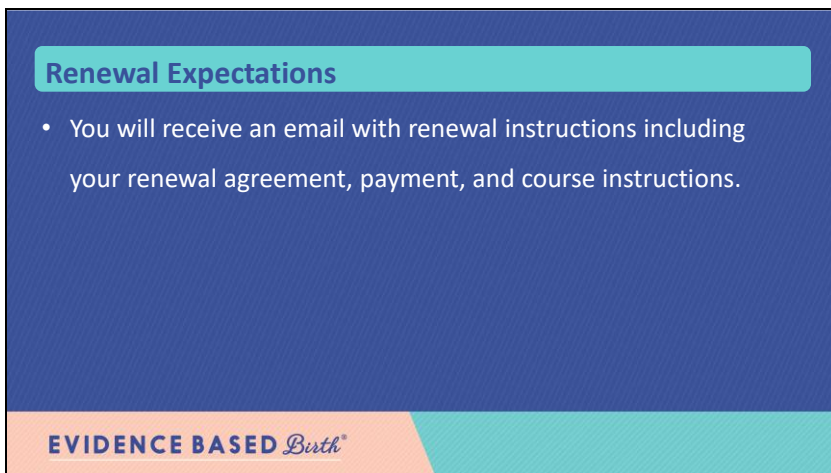
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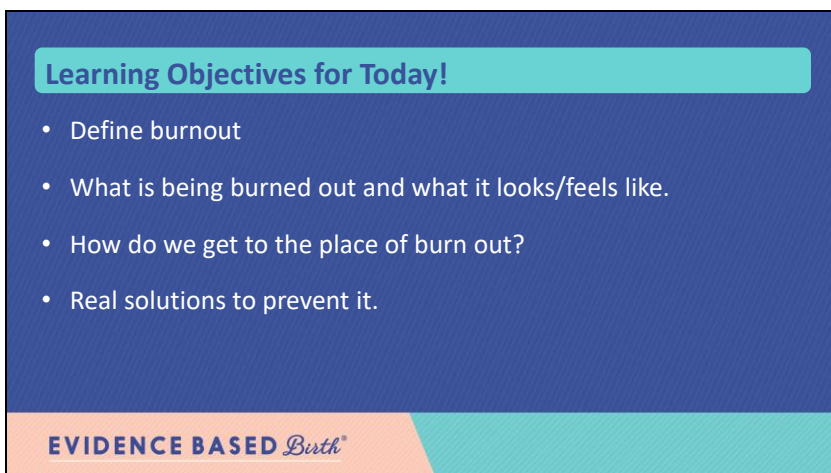
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### Disclaimer

The work that we all do can be triggering and bring out our own trauma. It is important to have a mental health therapist to debrief and discuss anything that may come up for you whether it is during this training or in your practice.

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## Let's Take a Poll in the Chat!

Have you ever been burned out?  
If so, do you remember when and what caused it?

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## What is being burned out?

- It can look many different ways for different people
- Extremely exhausted, tired, not wanting to go back to that particular place or thing for awhile
- Wanting to have nothing to do with the thing they once loved
- Walking away, giving up, calling it quits
- Feels like "too much", dread waking up to do it

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## How do we end up being burned out

- Not scheduling self-care or having consistent boundaries for our life/work balance (this is so important – 80/20 rule)
- Taking on too many clients at once
- Not having adequate support, resources, or assistance that we need
- Income from services is not enough
- Calendars lacking time off for rest
- Difficult situation (life, birth, death, illness, misfortune)
- Not actually processing

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## Importance of self-care in birth work

- Helps you prioritize your overall well-being (physical, mental, emotional, spiritual, and financial)
- Reduces your stress levels
- Increased job/career satisfaction
- Maintain healthier relationships with your clients
- Improves your overall quality of life

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## Community/Volunteer Burnout

- Taking on too many roles in multiple orgs
- Taking on too many roles in one org
- Trying to do it all
- Being in an area with lack of resources
- Feelings of responsibility for your community

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## Solutions

- Purposely schedule time off to unplug from it all
- Social media break (not comparing yourself to other)
- Working as a team with someone else or others
- Flexible scheduling
- Increase your rates
- Therapy or being able to process with a trusted colleague

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## Solutions cont.

- Setting boundaries for the amount of paid/unpaid work your schedule allows.
- Don't be afraid to ask is this a paid opportunity.
- Assign/outsource tasks
- "My plate is full as I like"
- "Poor planning on your part does not constitute an emergency on my part"
- "I am not available at this time, please check in with me on *this* date"

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## Affirmations

- |                                                               |                                               |
|---------------------------------------------------------------|-----------------------------------------------|
| • I am needed to support the clients/families in my community | • I am a person of self-care for myself       |
| • I am worthy to be valued and respected for the work I do    | • My boundaries are to be respected           |
| • My time is valuable                                         | • I am gifted in the area of my expertise     |
| • I can do hard things                                        | • I love the work I do and the people I serve |

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### Take some time to think about

- How can I best support ME to not reach the point of being burned out?
- Do I recognize triggers that can cause me to be uncomfortable (fight, flight, freeze, fawn)?
- Am I comfortable with my current rates?
- Is my schedule too full? Where is my off time planned?
- Who can I process with when a difficult situation arises?
- Do I have all of the proper resources (people, marketing, etc.) I need in place?

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### Let's Take a Survey in the Chat!

What are you thinking about implementing to ensure you are not burned out?

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