

Coffee with the Coach 3/15/2023

Burnout

UNC Wellness Centers

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Below is the recap from the March Coffee with the Coach, Topic: **Burnout**.

- First, I led the group through the 5 Senses exercise- [Click here](#) and choose 5 Fun Mindfulness Interventions...
- Next, we learned signs/symptoms of burnout and everyone chatted in the symptoms of burnout they are currently experiencing. (self-awareness)
- Then we explored slide 7- **what can we do about it?** and brainstormed ideas for each item. Eg. make a list of things in your control and things outside of your control.
- Lastly, we went into breakout rooms to discuss “What ideas could you try to support recovery from burnout or help to avoid burnout?”

I encourage you to take a few quiet minutes to write responses, brainstorm ideas, and figure out your next step.

Do you need to seek additional support with a professional?

Would an accountability partner help you commit to self-care?

What else can you do to support yourself towards health?

Register for the April 19 Coffee with the Coach session, topic TBD [here](#). Bookmark this page to find past session resources and upcoming schedule: <https://uncwellness.com/coffee-with-the-coach/>

Did you know? UNC Wellness Centers has a full calendar of health and well-being webinars. Check out the schedule [here](#).

Contact Julie.McNamara@unchealth.unc.edu with questions or for permission to use this content beyond personal use.