



THRIVE

Wellbeing and study success

Presented by:
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Session 7: Enhance your Resilience and Avoid Burnout

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.

These sessions are:

- Safe
- Respectful
- Inclusive
- Non-judgemental



► Burnout

What is it?

► Burnout

A psychological syndrome presenting as chronic exhaustion, cynicism, detachment, sense of ineffectiveness and lack of accomplishment.

Usually in the context of employment.

► Burnout

What causes it and how long does it last?

Chronic Stress & sometimes several years!

But what actually is stress?

► Stress

Stress is commonly understood to be Central Nervous System (CNS) arousal.

This happens when **Demands** exceed our perceived ability to **Cope**

When we don't think we have the resources to cope, our CNS activates to provide more.



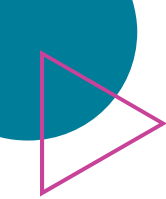
► Stress

CNS activation that helps = Eustress

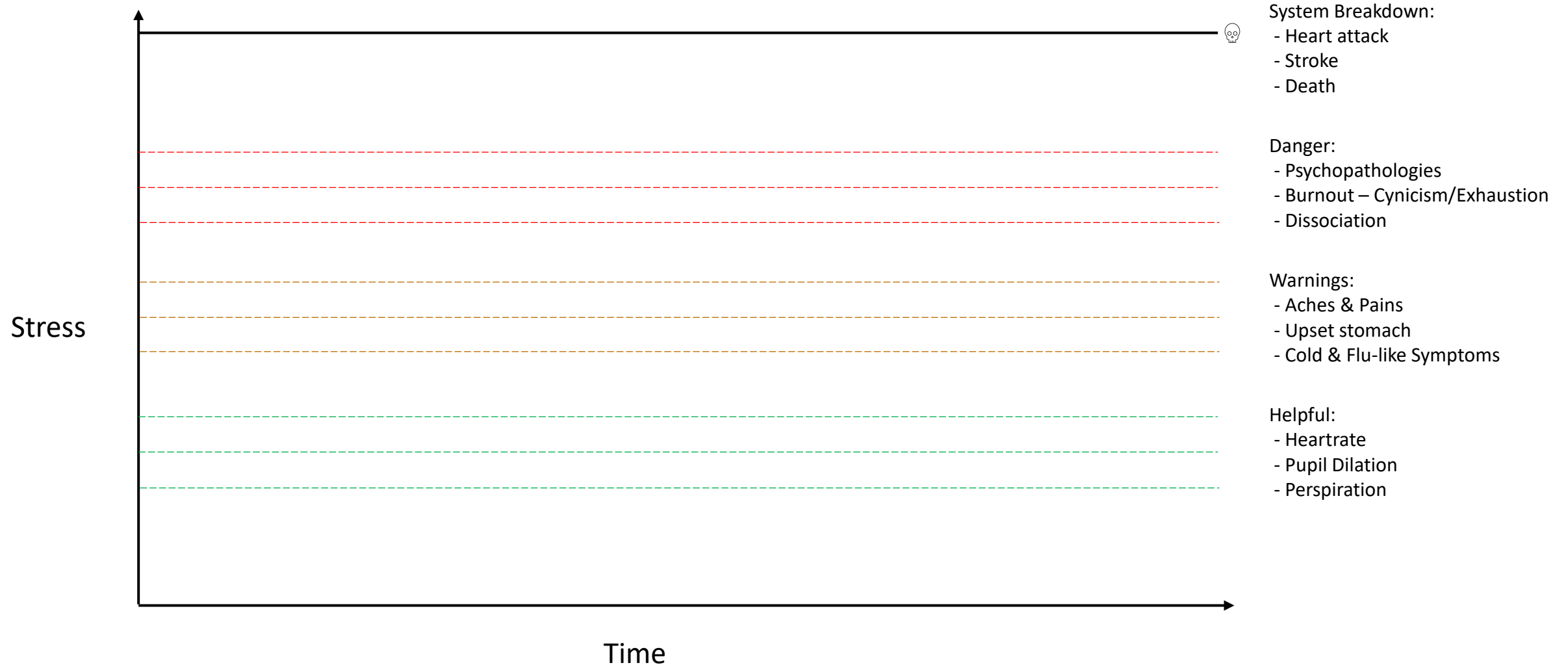
e.g. faster heartrate and increase perspiration during sports

But what happens if CNS activation doesn't help? What if the demands still exceed ability to cope?

More activation!



Diathesis Stress Model



► Stress

So, what is the solution?

Only really two options:

- Increase Resources
- Decrease Demands

► Increase Resources

What sort of resources could you use?

► Decrease Demands

How can you realistically reduce demands?

► Resilience

Where does resilience fit into this?

Resilience is our ability to bounce back from difficulties. i.e. Cope with demands productively

► Resilience

Resilience is higher when we:

- Have additional resources available to cope with stressors
- Consciously control our environment to keep demands at a reasonable level

What will you take
away from today?

The goal is *Progress*
not *Perfection*

