

Emotional Burnout: How To Reignite the Fire

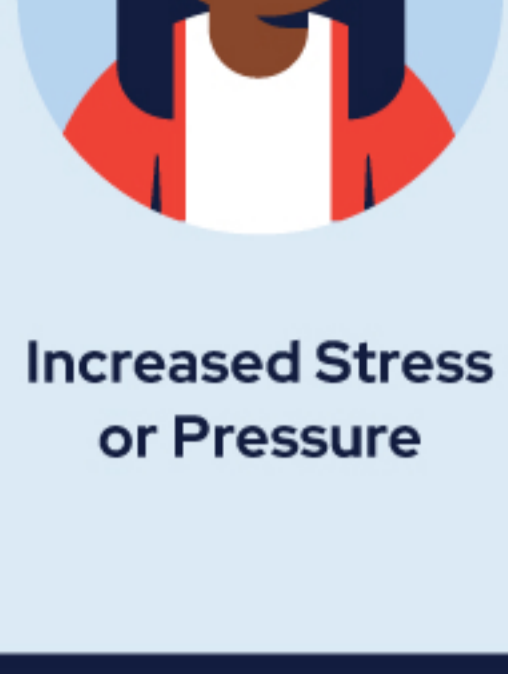


Financial instability, COVID-19 and increased working hours—these stressors have caused emotional burnout for many. **But if everyone recognizes it, why do we still experience it? And how can we prevent it?**

Common Causes of Burnout



Lack of Work-Life Balance



Increased Stress or Pressure



Family and Financial Instability

The 1% Marginal Gains Rule

A 1% improvement in small areas creates large, all-encompassing benefits, especially for those experiencing burnout.

Aggregation Of Marginal Gains



Prevention and Recovery by Enneagram Type

Use the 1% marginal gains rule to make small improvements to prevent or recover from burnout based on your personality type.



Type 1: The Reformer

Purpose-driven and advocate for change

Causes of Burnout: Spending too much time in a low-integrity environment, listening to your harsh inner critic, always trying to be productive

- ✓ **1% Solution:** Schedule 15 minutes for relaxation and rest each day.

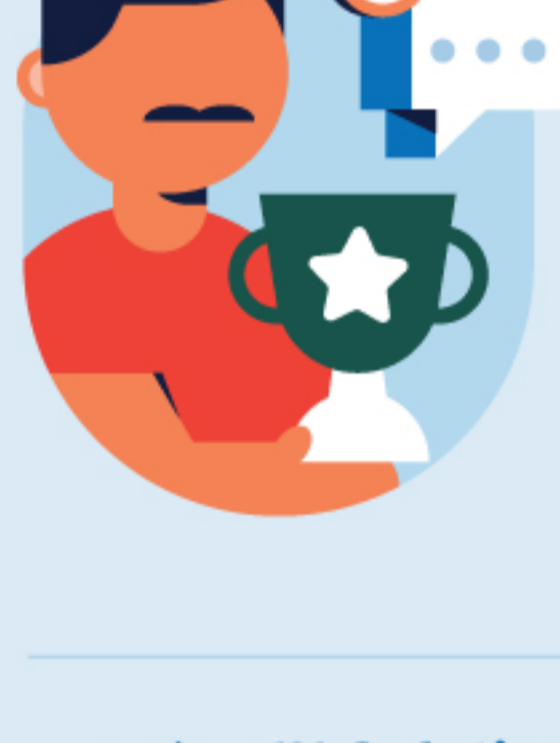
Type 2: The Helper

Generous and people-pleasing

Causes of Burnout: Being overcommitted, not setting boundaries, allowing others to take advantage of you in order to please them



- ✓ **1% Solution:** Practice saying “no” in the mirror each morning to build confidence in boundary-setting.



Type 3: The Achiever

Driven by advancement and competitive

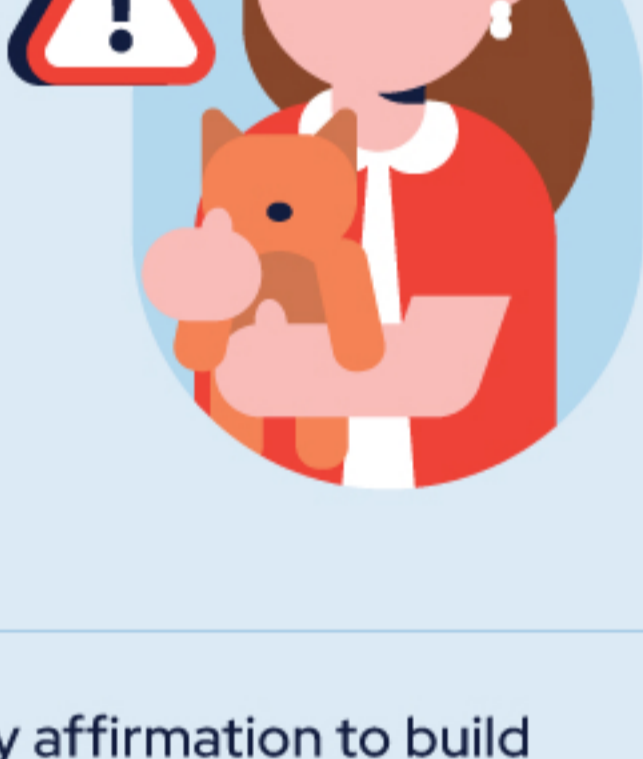
Causes of Burnout: Basing self-worth on achievements, not taking time to slow down, losing yourself to achieve a higher status

- ✓ **1% Solution:** Set aside 30 minutes each week to call a loved one and slow down.

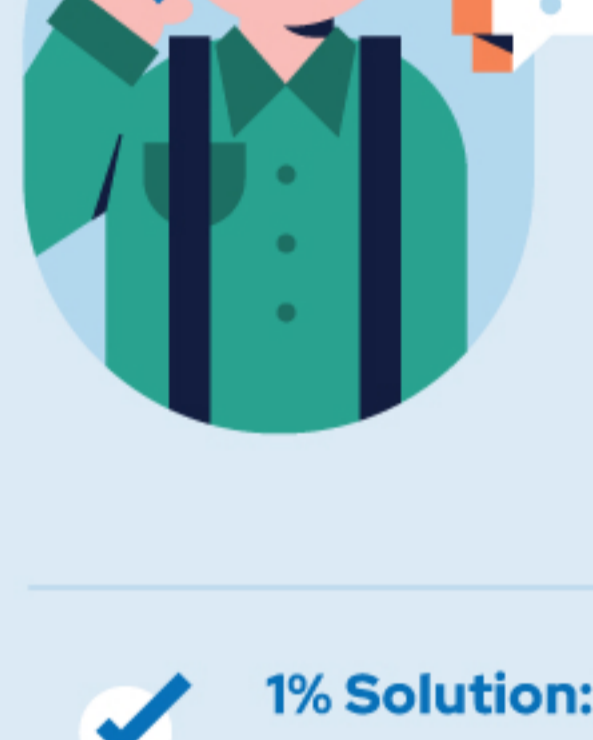
Type 4: The Individualist

Reserved and temperamental

Causes of Burnout: Oversensitivity to constructive criticism, feedback or mistakes, feeling a lack of creativity and individuality in your environment



- ✓ **1% Solution:** Practice one daily affirmation to build self-worth over time.



Type 5: The Investigator

Independent and curious

Causes of Burnout: Excessive interaction with others, noisy and busy environments, preoccupation with negative “what ifs”

- ✓ **1% Solution:** Do one thing outside of your normal routine each day.

Type 6: The Loyalist

Security-oriented and anxious

Causes of Burnout: Overworking, excessive worry and self-doubt



- ✓ **1% Solution:** Write down daily accomplishments to improve self-esteem.



Type 7: The Enthusiast

Fun-loving and high energy

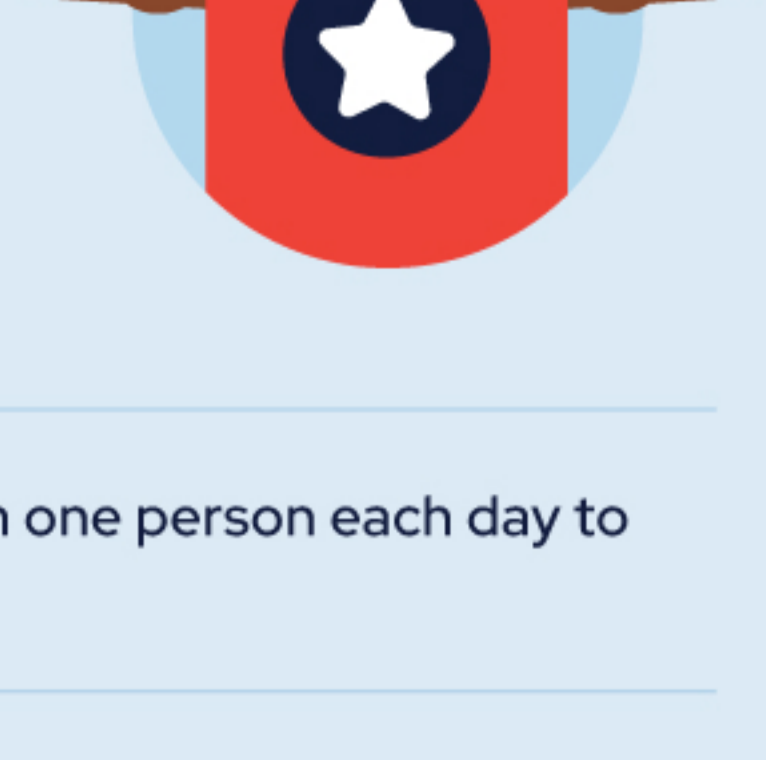
Causes of Burnout: Boredom from limitations and routines, impatience, overfocusing on the future

- ✓ **1% Solution:** Practice mindful breathing for five minutes each day to better live in the moment.

Type 8: The Challenger

Self-confident and egocentric

Causes of Burnout: Overworking, not asking for help, getting into conflicts regularly



- ✓ **1% Solution:** Ask for help from one person each day to lighten your workload.



Type 9: The Peacemaker

Easygoing and supportive

Causes of Burnout: Procrastinating, avoiding conflict, not understanding your own desires and needs

- ✓ **1% Solution:** Set three goals each day to prevent procrastination.