

## Stress Management Skills – Recognizing Burnout



Start with a self-assessment test for burnout. Here are a few choices.

<https://different.hr/wp-content/uploads/2020/05/Maslach-Burnout-Inventory-MBI.pdf>

[https://www.astrazeneca.com/content/dam/az/PDF/2020/covid-19-toolkit/Burnout\\_Self-Test.pdf](https://www.astrazeneca.com/content/dam/az/PDF/2020/covid-19-toolkit/Burnout_Self-Test.pdf)

[https://legacy.lvcld.org/voyager/content/Burnout\\_Assessment\\_Form.pdf](https://legacy.lvcld.org/voyager/content/Burnout_Assessment_Form.pdf)

Burnout is a pervasive depletion of your body, mind, and spirit. Rest, even good sleep if you can get it, is not enough by itself to restore you. Seven types of rest have been identified that, together, can form a “prescription” of restoration for burnout. As you can see, rest is not necessarily “doing nothing!”

**Physical rest** includes napping, stretching, dancing, getting a massage, improving sleep hygiene, making improvements to the sleep environment, and eating less hard-to-digest food. **Mental rest** includes doing mindless or easy tasks, offloading your thoughts to a journal, practicing mindfulness exercises, staring into space, and disconnecting from screens for a period. **Emotional rest** includes distancing yourself for a while from demanding people, turning off your phone, avoiding the news, letting yourself cry if you need to, and talking to a therapist or trusted non-judgmental friend.

**Social rest** includes declining invitations you don’t want to do, being with a trusted person or pet (or even a stuffed animal) who lets you just “be”, and spending time in a solitary safe space. **Sensory rest** includes wearing soft or light clothing, turning off or down anything that creates noise or bright light, rocking in a chair or hammock, doing the butterfly hug (you can look it up), and smelling light pleasant smells you enjoy like lemon or vanilla. **Creative rest** includes being playful with materials where the outcome isn’t so important, like sidewalk chalk or bubbles, doing crafts or cooking that you enjoy, and making noise. **Spiritual rest** includes connecting with nature, remembering feelings of gratitude and trust in whatever you believe to be good or sacred, and finding small ways to do good in a cause that matters to you.

Homework: This month, take your results seriously. Identify the type of rest that sounds good to you, do a bit, and see if it helps.

Concerned about your level of burnout? IADAPT is exclusively for Iowa dentists and includes 3 free, confidential coaching/therapy sessions per calendar year. Email [IADAPT@flowstate.health](mailto:IADAPT@flowstate.health) or call/text 515-443-1850 to schedule your first session with Flowstate Health. Flowstate also provides outpatient therapy in addition to IADAPT.