







Michael Levitt Chief Burnout Officer BreakfastLeadership.com

American Staffing Association

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What Is the Great Resignation?

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In 2021, the U.S. Bureau of Labor Statistics reported 47 million Americans voluntarily quit their job



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Why Is the Great Resignation?

Relocation Reconsideration Reshuffling Retirement Reluctance





What Is Burnout?

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.



Five Signs of Burnout

Poor Sleep

Lost Motivation

Increased Mistakes and Poor Memory

Decision-Making Struggles

Irritable



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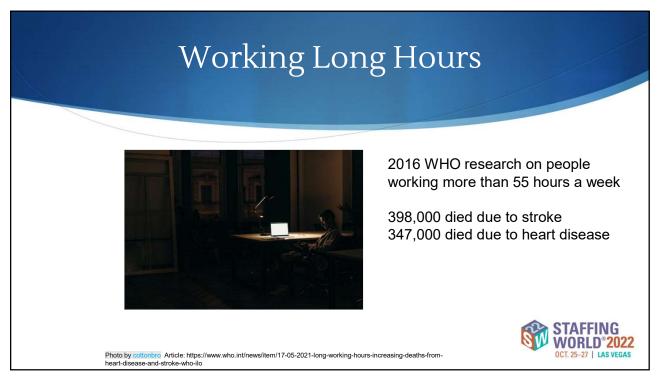
How Does Burnout Occur?



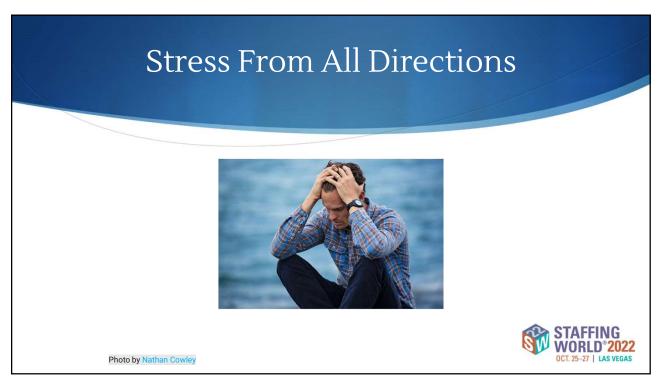
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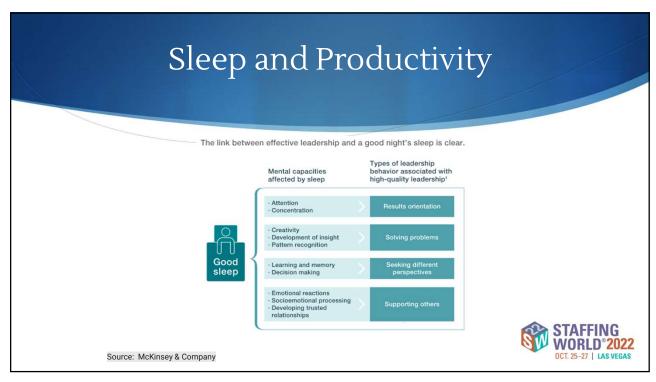
















Reconnect With Your Life Goals

Get Active

Establish Boundaries

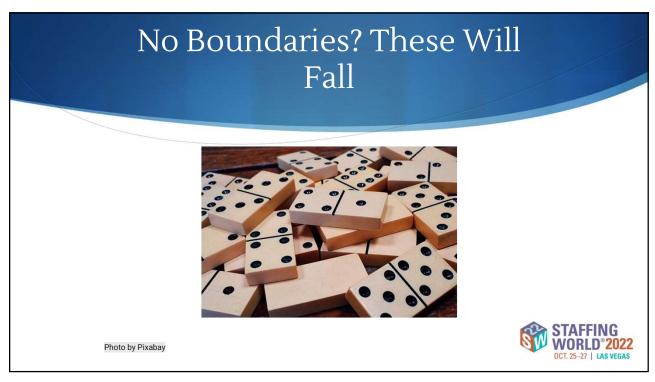


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What Are Boundaries?

Mental Emotional Physical Material Financial







Bucket List

What are the favorite things, experiences, or activities in your life that bring you joy and happiness?



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Bucket List

Take a few minutes and list out your favorite things, experiences, and activities on the left side of a sheet of paper





On the right side of the paper, write down the last date you experienced or performed those favorite things



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Bucket List

OUCH



Key Takeaways

Have Boundaries Conversations With Your Employer, Team, and Family About Workloads and Responsibilities

Set an Alarm to Signal the End of Your Workday

Track Your Interruptions

Cell Phone Notifications



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More Info?

Visit *BreakfastLeadership.com* for resources, online courses, Burnout Proof book

<u>Michael@BreakfastLeadership.com</u> #BreakfastLeadership







