



FIGHT THE FRAZZLE: PRACTICAL WAYS TO MANAGE STRESS AND BURNOUT

ERIKA KRAMER, LNHA

“Your mind will always believe Everything you tell it.”

MIND SHIFTS

The items
in front of
you are
set up:

I II III IIII

IIII IIII II I

You have until the end
of this session to
move ONE line to
make it backwards

You have until the end of
this session to move ONE
line to make it
backwards

INTRODUCTION/ICE BREAKER

University of Northern Iowa

Background:

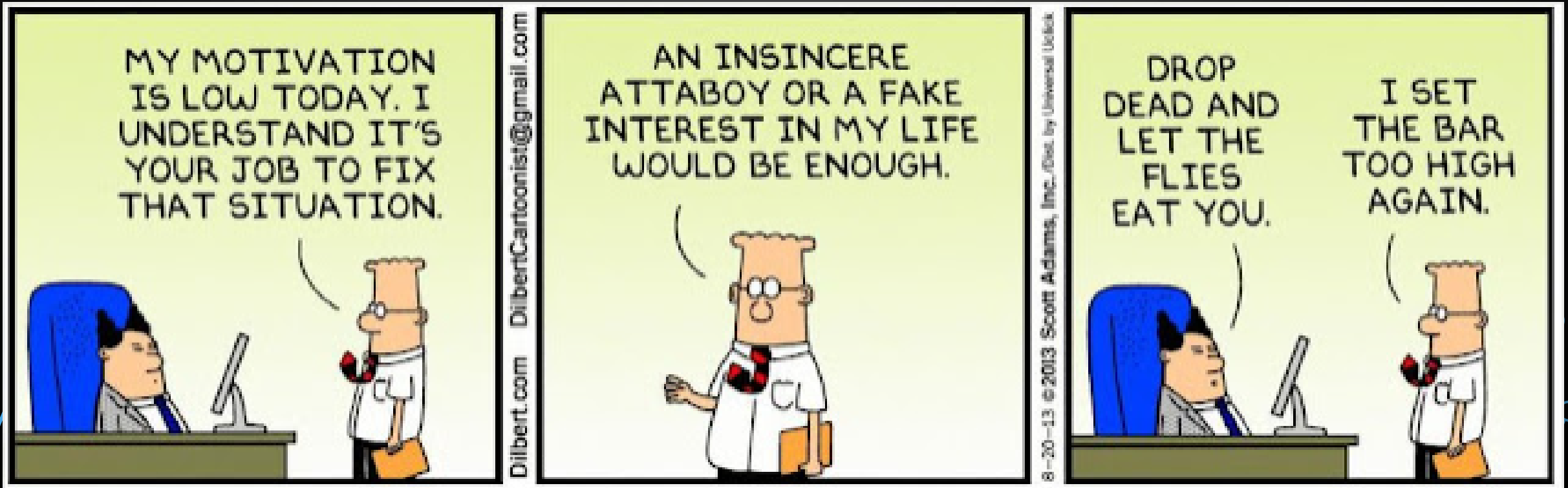
- > Medical Supplies
- > Nutritional Services
- > LNHA

The secret ingredient to being a team member:

Vulnerability



HOW ARE WE DOING?



GOALS

Change your life


...NOT



The image features a dark gray background with white, stylized circuit board traces in the corners. These traces consist of straight lines and small circles, resembling electronic components or wiring. The traces are located in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.

HERE'S A LITTLE MOTIVATION...??

<https://vimeo.com/99068822>

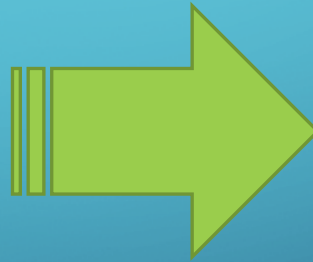
The slide features a dark gray background with white, stylized circuit board traces in the corners. These traces include small circles at various points, resembling solder joints or vias. The traces are located in the top-left, top-right, bottom-left, and bottom-right corners, framing the central content.

OR WOULD YOU
LIKE SOMETHING
RELATABLE?

- <https://m.youtube.com/watch?v=IMQADg1Dp9g>

“Your life is always moving in the direction of your strongest thought.”

-Craig Groeschel



WHY COULDN'T I CHANGE MY MINDSET?



It was hard. I had given up



It was scary



I tried to fake it but it didn't work. I couldn't mask it



I couldn't name "IT"



It involved difficult conversations



It was all on ME

WAYS TO HELP SHIFT YOUR MINDSET

Phone a friend

- NOT a biter
- NOT a devil's advocate
- IS a listener (those are hard to find)

Gratitude

- Yes it may seem over discussed. BUT don't knock it until you tried it!

Escape

Take back control... with just one thing

SHIFT YOUR
MINDSET
TO...DECREASE
STRESS

Practice mindfulness: the
practice of becoming self-
aware in the present moment.



The Name Game:

3 things you
can hear

2 things you
can see

1 thing you
can feel

SHIFT YOUR
MINDSET
TO...DECREASE
STRESS

Fixed Mindset: you have no
control and you can't
change much



Growth Mindset

You are
capable of
change

There is always
room for
improvement

Change can
even be small

SHIFT YOUR MINDSET TO...DECREASE STRESS



If you feel hurt by people,
you must keep in mind
that they are not hurting
you because you are you.
They are doing it
because they are them.

NotSalmon.com

Flexible Mindset



Stay open and flexible to:

Why things
happened as
they did

Why people
do the things
they do

Everything Happens for a Reason

SMALL SHIFTS IN POSITIVITY
CAN HELP YOUR TEAM WITH
BURNOUT...

Activity: AND not BUT!



Shift your mindset... to have control

WORSE THINGS GET



Worse our head space gets



Less Control we (THINK) have



REPEAT



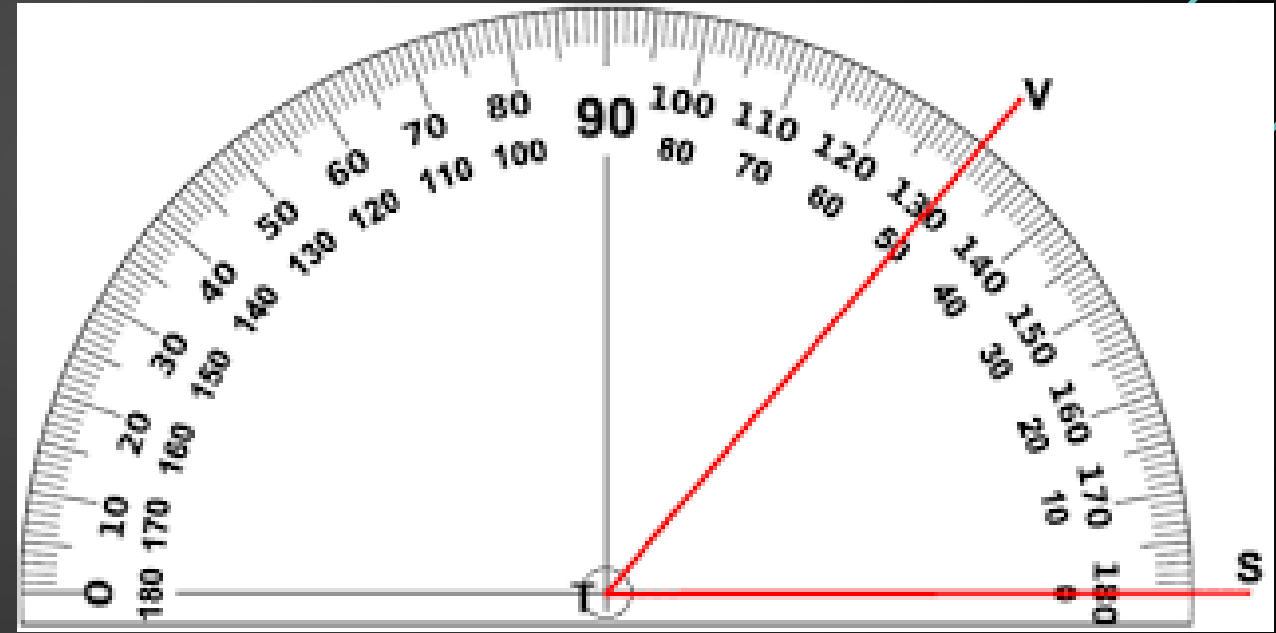
SHIFT YOUR
MINDSET
TO...
DECREASE
STRESS

CIRCLE OF
CONCERN*
EX:
COVID
PANDEMIC

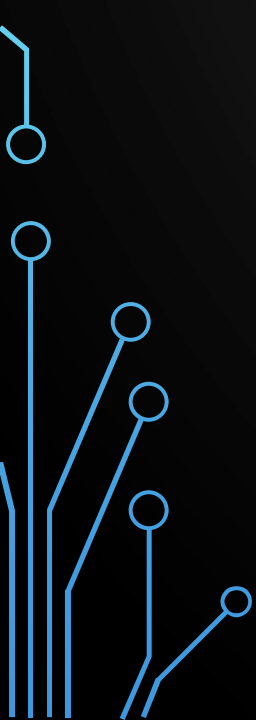
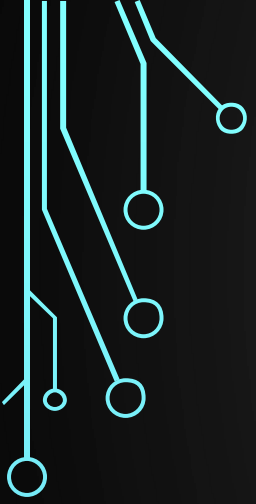


*Covey, Stephen. *The 7 Habits of Highly Effective People*. Free Press. 1989.

SHIFT YOUR MINDSET TO DECREASE STRESS AND BURNOUT ... SLOWLY AND COURAGEOUSLY



- Can't go 0 to 90
- Can't change or tackle the hardest thing you have been ignoring
- Once you work up to your top change. Everything else is easy



SHIFT YOUR
MINDSET TO
DECREASE
STRESS AND
BURNOUT...
TAKE CARE OF
YOU!



Quiz Time!



QUALITY TIME



- Practice mindfulness.
 - Spend a day at the coffee shop.
 - Do a guided meditation exercise.
 - Sign up for a yoga class.
 - Enjoy the sunset.
 - Go for a drive.
 - Start a garden.
 - Go on a solo-trip to a dreamy destination.
 - Read a chapter of a new book before bed.
 - Paint a picture.
 - Treat yourself to dinner at your favorite restaurant.
 - Listen to your favorite album on repeat.
 - Stargaze.
 - Watch a meaningful movie.
 - Sit on your porch.
 - Go on a nature hike.
- 
- 



WORDS OF AFFIRMATION





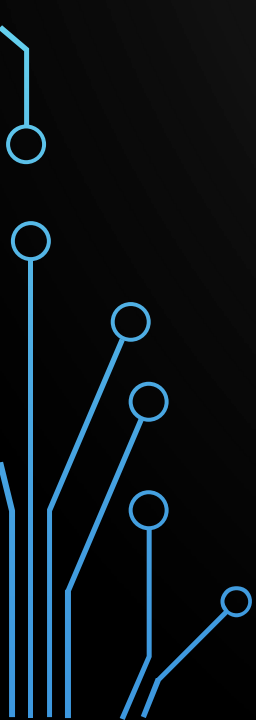
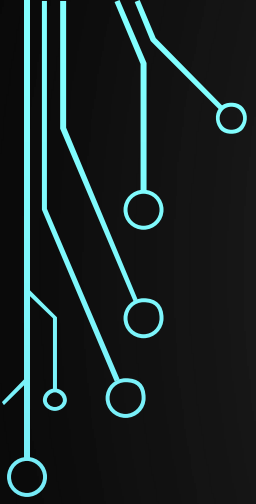
- Recite daily positive affirmations.
 - Stick encouraging notes on your fridge.
 - Write yourself a loving letter.
 - Keep a gratitude jar.
 - Remind yourself of your dreams by making a vision board.
 - Be aware of how people in your life speak to you.
 - Create an inspirational quotes board on Pinterest!
 - Start a bullet journal.
 - Talk about your passions with others.
 - Forgive yourself for past mistakes.
 - Watch a Ted Talk!
 - Give yourself a compliment.
 - Write a list of things you've accomplished this year.
 - Post about something you're proud of on social media.
 - Do a 30 days of gratitude challenge!
 - Listen to personal growth podcast.
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- 



RECEIVING GIFTS



- Treat yourself to a small gift from your fave shop.
 - Buy a ticket to see a local show (play, movie, concert, etc).
 - Invest in your hobbies and passions.
 - Decorate your workspace with positive knickknacks.
 - Create a scrapbook of memories & mementos.
 - Make yourself a self care kit.
 - Book a weekend getaway to somewhere cozy.
 - Start a DIY project just for fun!
 - Create a personalized calming playlist
 - Check out deals online for new activities (like a boat tour or cooking classes!)
 - Enjoy a yummy midday snack, like a pretzel or yogurt parfait!
 - Pick out a bouquet of flowers for your kitchen table.
 - Enroll in a class that interests you (like pottery or fiction writing).
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- 



PHYSICAL TOUCH

- Cook yourself a healthy dinner.
 - Get some fresh air.
 - Light your favorite candle.
 - Work on your skincare routine.
 - Sign up for a fitness class.
 - Enjoy a cup of tea.
 - Drink a glass of water.
 - Go to sleep earlier for better rest.
 - Play with makeup.
 - Go to the gym.
 - Snuggle up with a blanket and book.
 - Pamper yourself by getting a haircut or doing your nails.
 - Bake a festive dessert.
 - Do a few stretches.
 - Stock up on fruits & veggies in your fridge.
 - Take a soothing bubble bath.
- 
- 



ACTS OF SERVICE



- Check off your to-do list.
- Donate to a local charity.
- Declutter and tidy up your place.
- Ask yourself: what do I need most at the moment?
- Meal prep the night before so you have breakfast & lunch ready.
- Do one errand you've been avoiding.
- Set a few monthly goals.
- Learn how to set boundaries and say no to things that drain your energy.
- Schedule your doctor's appointments ahead of time.
- Make time to do the things you love.
- Keep a habit tracker in your journal.
- Help someone else through a random act of kindness.
- Make your bed in the morning.
- Give yourself breaks throughout the workday.
- Pick up your favorite snacks at the store.
- Empty the dishwasher before bed.

HOW'D WE DO?

The items in front of you are set up:

I II III IIII

IIII III II I

I II III IIII



I II III II I

**DON'T
LET WHAT
YOU CAN'T
DO STOP
YOU FROM WHAT
YOU CAN DO.**

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CHANGE YOUR MINDSET JUST A LITTLE BIT...

[https://www.youtube.com/watch?v=oVST
KpJBq-8&t=190s](https://www.youtube.com/watch?v=oVSTKpJBq-8&t=190s)