

MENTAL HEALTH AWARE AND CONNECTED SCHOOLS

BURNOUT + THE BRAIN

Summary of an article of the same name. Authored by: ALEXANDRA MICHEL

BURNOUT AND THE BRAIN

visually translated by @LINDSAYBRAMAN

WHAT IS BURNOUT?

chronic psychosocial stress.

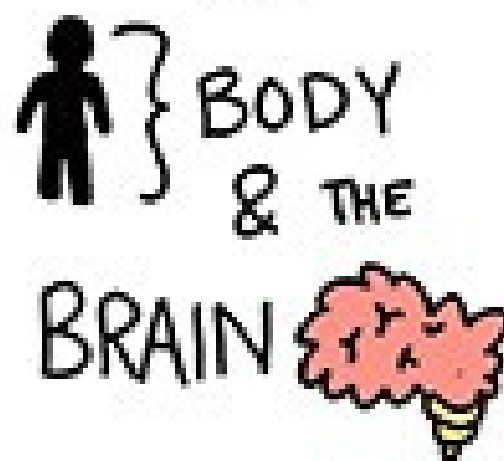
in 1974 HERBERT FREUDENBERGER coined the term 'BURNOUT'

BURNOUT can cause a



in a person's sense of PROFESSIONAL COMPETENCY

burnout affects the



STRESS is a workplace safety issue..

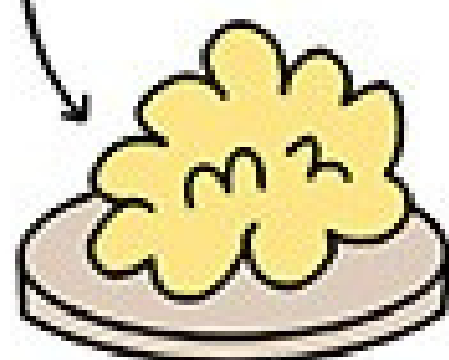
BURNOUT CAN DESTROY:

- AMBITION
- IDEALISM
- SENSE OF WORTH

IF

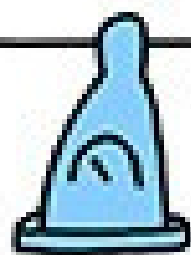
demands of a job

> outweigh <



resources to cope

THEN



BURNOUT IS LIKELY.

OFTEN Burnout gets mis-diagnosed as depression.

SYMPTOMS

- loss of motivation
- growing emotional depletion
- cynicism & depletion
- fatigue

TAKEAWAYS:

1 burnout won't look like what we expect.

burnout will tell us:

I'm bad at this

& I don't even like it or care.

this can cause people to abandon a career instead of seeking rest & SUPPORT.

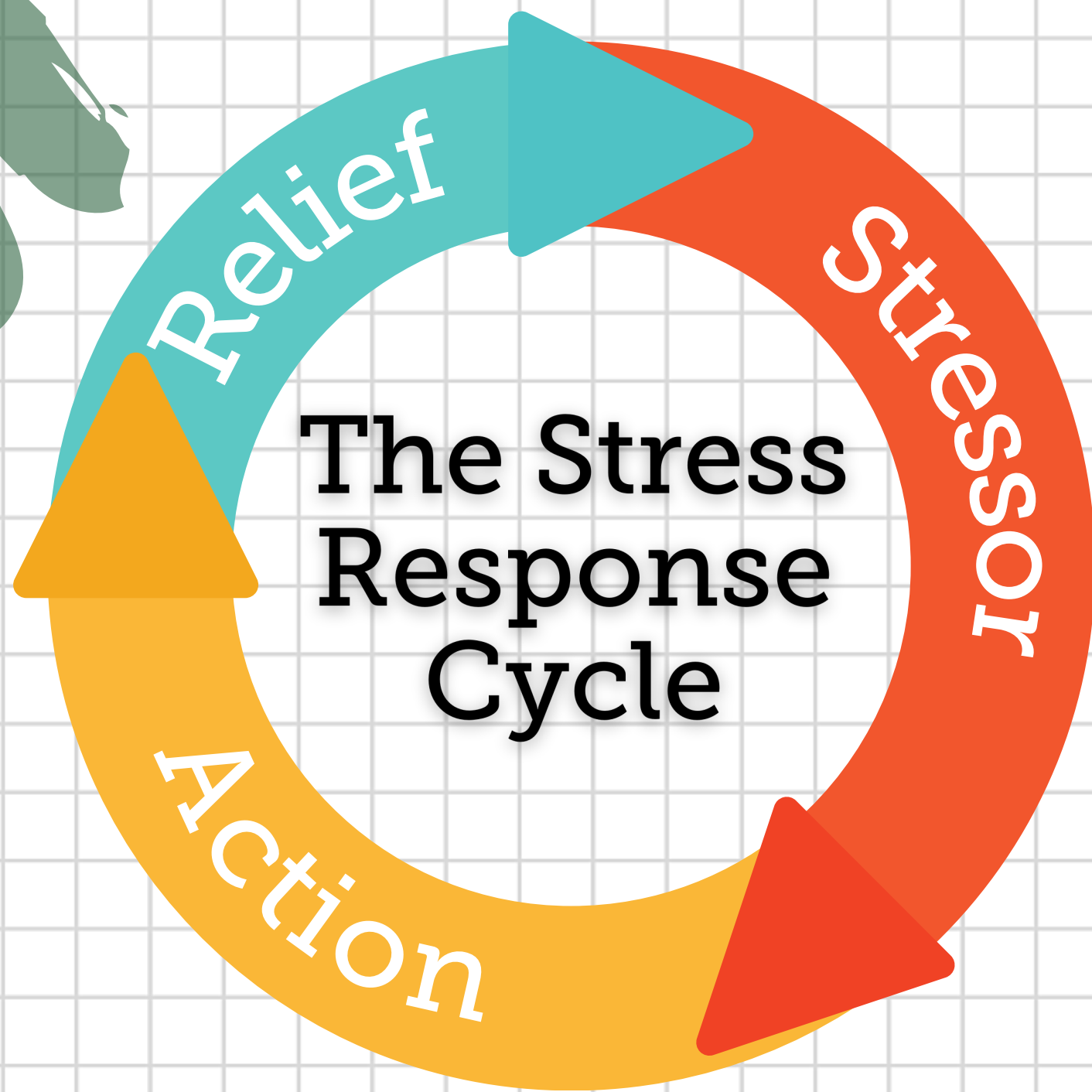
2 say it with me...

STRESS DOESN'T CAUSE BURNOUT!

stress + inadequate support resources causes burnout.

MENTAL HEALTH AWARE AND CONNECTED SCHOOLS

THE STRESS RESPONSE CYCLE



7 ways to Complete the Stress Response Cycle for 21st Century Problems



Crying



Hug/Affection



Creative Expression



Laughter



Positive Socializing



Breathing

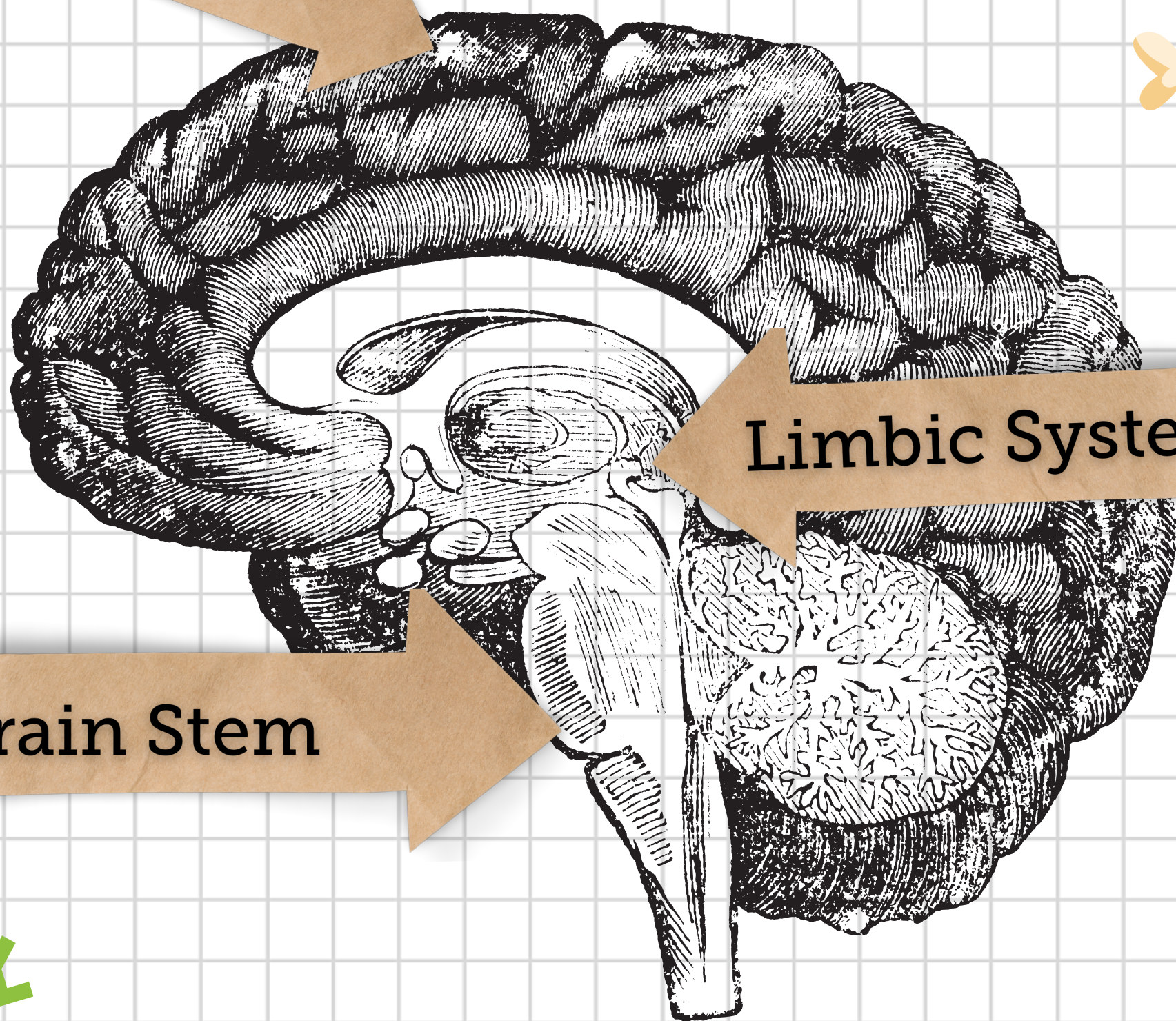


Physical Activity

MENTAL HEALTH AWARE AND CONNECTED SCHOOLS LIZARD, DOG + OWL BRAIN

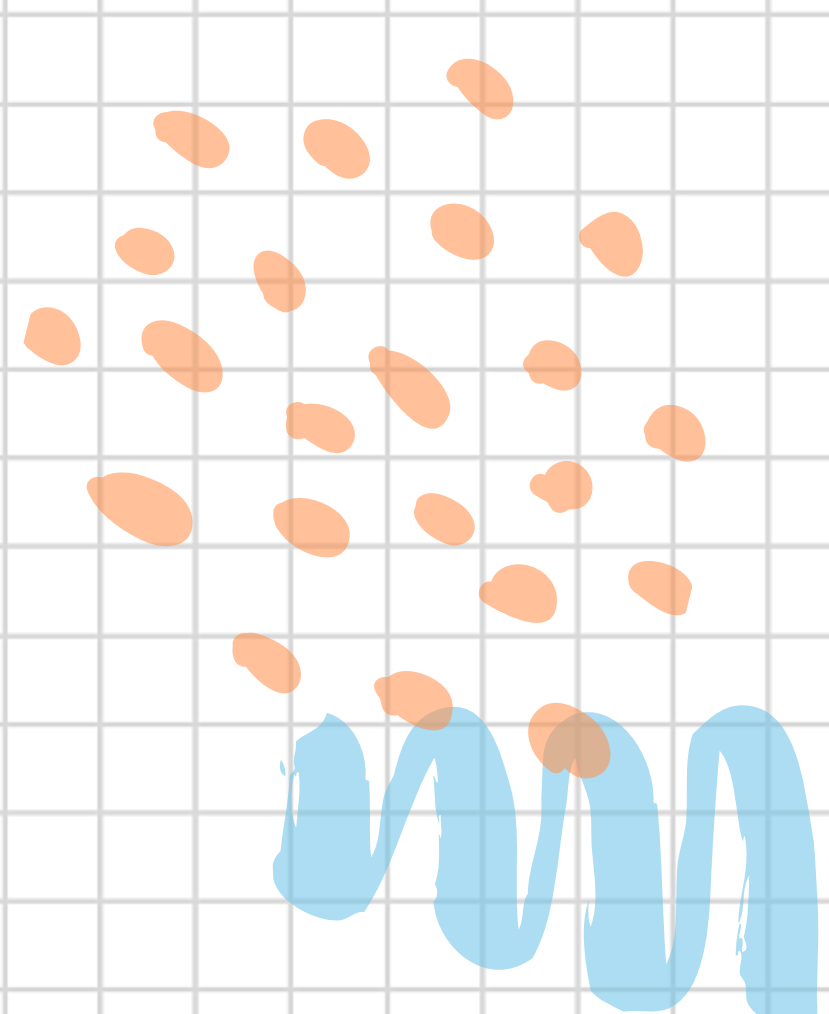
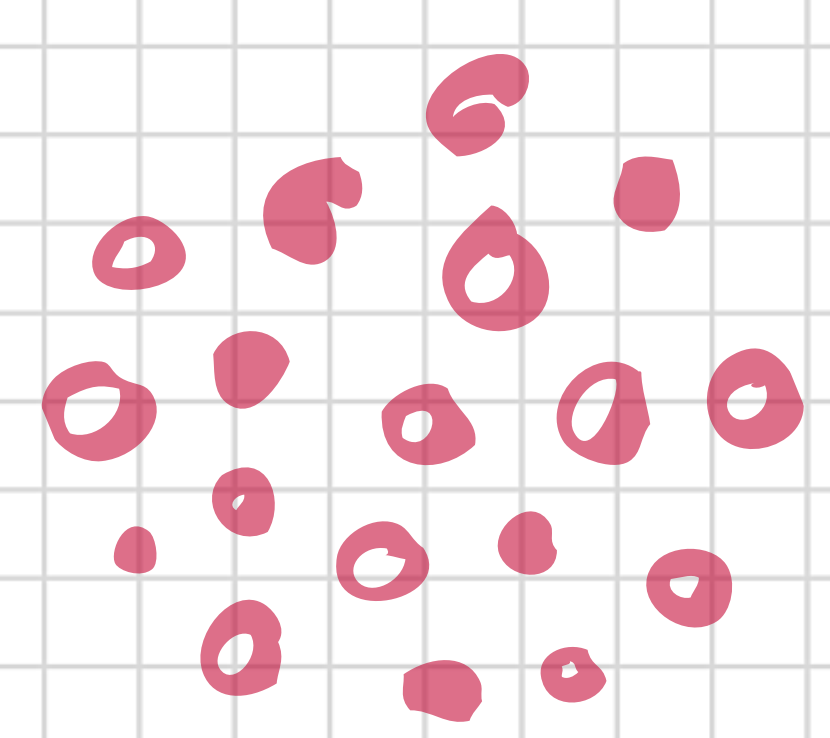
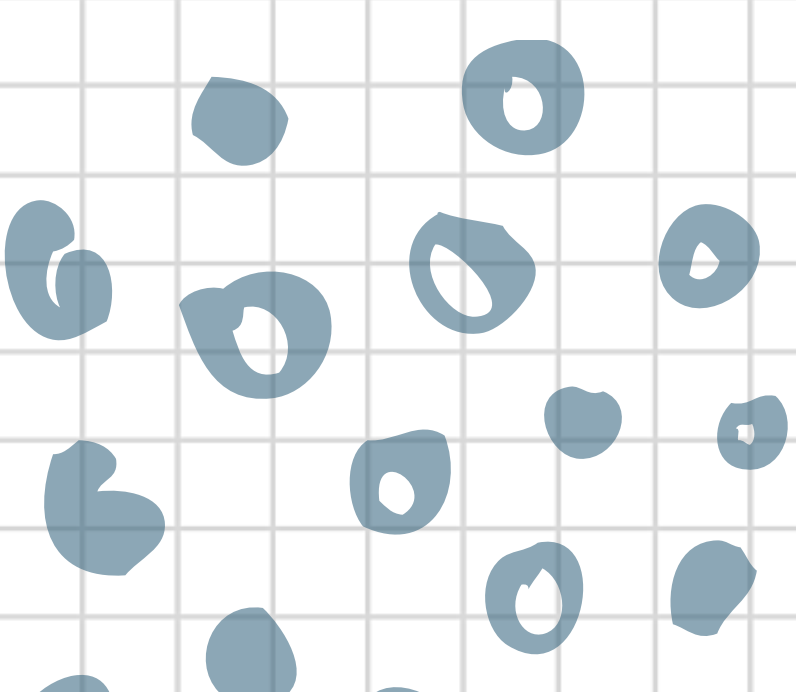
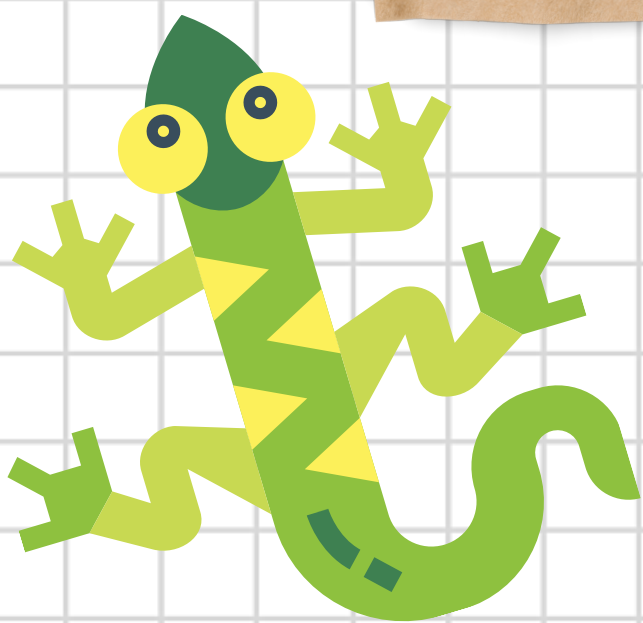


Cortex

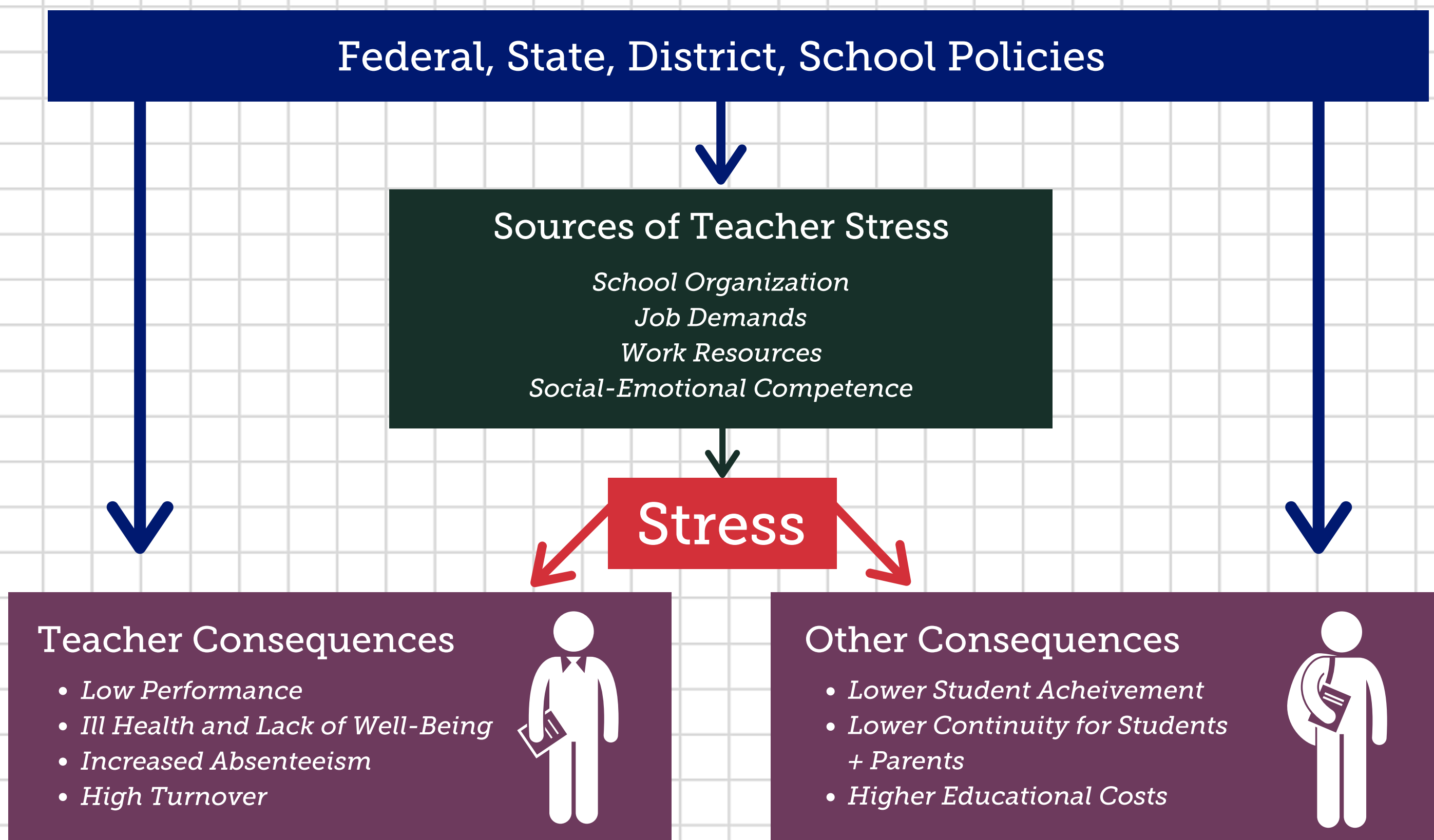


Limbic System

Brain Stem



MENTAL HEALTH AWARE AND CONNECTED SCHOOLS STRESS IS SYSTEMIC



Adapted from the Pennsylvania State University's 2017 Presentation on Educator Well-Being

MENTAL HEALTH AWARE AND CONNECTED SCHOOLS HAND BRAIN MODEL

