

# FIND YOUR ZEST

## FIGHT BURNOUT AND RECLAIM JOY!

Have you ever felt like you are living in a state of 'busy', always on autopilot or that you are running towards something without a purpose? Individuals and Organizations often wear busyness as a badge of honor. Reactive busyness can often lead to burnout where you feel disconnected, out of touch and possibly out of control of yourself. Burnout can be compared to a slow leak in a tire, which makes it hard to detect.

No one is immune to burnout. The impacts affect the high-achieving executive, to the nurse of caregivers that provide patients constant care, to the everyday employee trying to climb the career ladder.



### LIVING WITH INTENTION

- Commitment to the job at hand
- Compulsion to prove oneself
- Free-flowing creativity
- High productivity levels
- Job satisfaction
- Readily accepting responsibility
- Sustained energy levels
- Unbridled optimism

### ONSET OF STRESS

- Anxiety
- Avoidance of decision making
- Change in appetite or diet
- Fatigue
- Forgetfulness
- General neglect of personal needs
- Headaches
- Heart palpitations
- High blood pressure
- Inability to focus
- Irritability
- Job dissatisfaction
- Lack of sleep or reduced sleep quality
- Lack of social interaction
- Lower productivity

### BURNOUT SYNDROME

- Job absenteeism and inefficiency
- Withdrawal from coworkers and social situations
- Foggy thinking and trouble concentrating
- Loss of meaning
- Mental and physical fatigue/exhaustion
- Irritability, impatience and short tempered
- Loss of motivation and reduced interest in commitments
- Inability to meet deadlines and other obligations
- Lowered immunity to illness

While burnout can cause issues at work, at home, and generally in life, it is always possible to take action and move towards living more intentionally. Remember that burnout can be difficult to detect, so even if you do not feel like you are experiencing stress or burnout now, the wisest course of action is always to proactively take up self-care and build your mental resilience.



## **FIND YOUR ZEST WILL HELP YOUR EMPLOYEES DO JUST THAT!**

Our 30 day program is designed to help individuals break out of living reactively to live more intentionally so they are able to notice when they may be draining the areas of their life to help them feel whole, well, and joyful.

The simple framework of this program offers a way to quickly look at the life you're living, easily assess what's working and what's not, and instantly know where to refocus your energy to avoid reactive living which can ultimately lead to burnout. We will teach you how to access your most authentic self and find what brings you joy and meaning, to help you feel in control of the life you are living and put you in the driver seat of your life.

### **INDIVIDUALS WHO JOIN THIS PROGRAM WILL WALK AWAY WITH TOOLS AND RESOURCES TO HELP THEM:**

**+ FEEL A SENSE OF VITALITY**

**+ FEEL MORE CONNECTED IN THEIR RELATIONSHIPS**

**+ FEEL LIKE THEY ARE WORKING TOWARDS A PURPOSE OF SOMETHING BIGGER**

### **THE PROGRAM INCLUDES:**

- Workshops Include: Living Authentically and Pillars & Laws of Intentional Living
- 30 days of exercises focusing on an activity within each pillar
- Journal Prompts to help employees dive deeper into each exercise
- Check-ins via IOS App or Android App to provide additional levels of support
- Before and after assessment to measure progress and growth