

Avoiding burnout

Using your symptoms to release stress and hold the stress information



Image: <https://www.pexels.com/photo/green-and-white-male-gender-rest-room-signage-134065/>

Tags: Culture/Worldview - Personal Growth - (Health & Healing)

CHALLENGE:

Burn out is a typical attitude from activists who want to change society, and prioritize tasks and other commitments before their personal care. The challenge is to do both, find the flow between them and work with the beliefs that say that the change in the world is prior to personal transformation. Both are needed simultaneously, but how to find the way for both at the same time when time is limited especially for people passionate of many topics or very passionate?

SOLUTION:

Burn out is a symptom of stress that can be managed in multiple ways. It is important to know the signals (visual, proprioceptive, kinesthetic, auditory, etc.) of this symptom. Another possibility is to practice some personal work exercises with these signals and change the way you manage time and agenda. For example, looking at the symptom as a figure that has the victim of the symptom and the symptom creator or maker, and finding the information and the qualities that are present in both parts of the figure.

Links:

<http://stanfordsiver.net/wp-content/themes/twentyten/pdf/PWTheory.pdf>

<https://www.facebook.com/Arnold.Mindell/posts/1018950388119742>

<https://www.youtube.com/watch?v=IDkw5cYxvf4>

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