



At this point in the summer, we may begin to miss the cooler weather of spring or fall. We may start 'burning out' from all the intense heat. When this happens, we start to spend more time in air-conditioned spaces to meet our need to keep cool. But what do we do when we start 'burning out' in other areas of our lives? The American Psychological Association Dictionary of Psychology defines burnout as "physical, emotional, or mental exhaustion accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others." This newsletter will explore various strategies to navigate and prevent burnout in daily life.

Indicators of Burnout

While burnout looks different for everyone, here are some common indicators that may point to burnout: fatigue, apathy or dissatisfaction with your work, headaches, appetite changes, difficulty sleeping, feelings of dread, lack of motivation, irritability, depression. Oftentimes, symptoms of burnout can resemble depression or co-occur with a depressive episode. When experiencing burnout, it is important to know how to navigate your symptoms effectively.

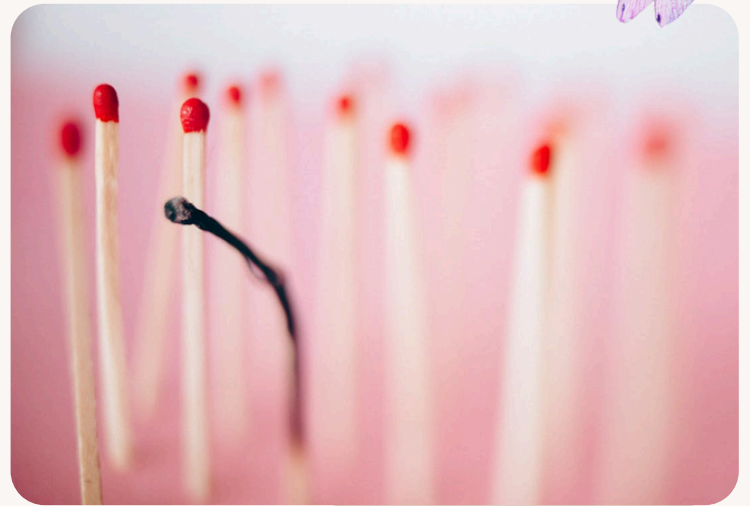




Navigating Burnout

One of the most effective strategies for navigating burnout is prioritizing self-care. This can look different for everyone, but here are just a few ideas on how you can take care of yourself while experiencing burnout:

- **Take a break.** Whether it is taking a day off, taking a vacation, or having a rest period, taking a break from the source of your burnout can help you on your way to recovery.
- **Communicate your needs.** Communicating your needs with a work supervisor, friend, or spouse can be an excellent way to care for yourself during burnout.
- **Establish and maintain boundaries.** Creating healthy boundaries around the area in which you are experiencing burnout is an excellent way to help yourself reset.
- **Create daily routines.** While living in burnout, it is especially important to prioritize daily routines outside of your burnout area, including sleeping, eating, and 'downtime' routines.
- **Talk to a mental health professional.** Seeking mental health care can be extremely helpful in navigating burnout. Are you in need of support in this area? Give us a call to learn more about services available at Expressive Therapies!



Burnout Prevention

Maintaining your self-care when symptoms of burnout subside can be one of the best ways to prevent burnout in the future. We can also support ourselves by prioritizing awareness of our thoughts, emotions, and behaviors related to burnout. By doing this, we may begin to notice burnout indicators before we reach our 'boiling point' and give ourselves time to take care of our needs effectively. Remember, no one knows your needs like you do, and the best person to take care of you is YOU!





Reminders!

- **July 4th is Independence Day!** Our offices will be closed for the day in observance of this holiday.
- **July 23rd is National Women Touched by Addiction Day!** A Nashville nonprofit, Mending Hearts, created this awareness day to recognize women who have experienced addiction firsthand AND women who have witnessed the effects of addiction through others. For more information, visit <https://mendingheartsinc.org/women-touched-by-addiction/>.
- **July is Bebe Moore Campbell National Minority Mental Health Awareness Month!** This month brings attention to the impacts that culture, race, and ethnicity have on mental health and mental health care. For more information, visit <https://mhanational.org/bipoc-mental-health/bipoc-mental-health-month/>.
- Stay tuned for our upcoming newsletters, which will feature our admin staff, fall groups, and more!



OUR MISSION AT EXPRESSIVE THERAPIES:

Creating a brave and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma informed care: music therapy, art therapy, dance/movement therapy and psychotherapy, to improve health and well-being.



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