

# PREVENTING EMOTIONAL BURNOUT

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## **FEEL & EXPRESS FULL RANGE OF EMOTIONS**

Consequences of avoiding emotions

E-motion = energy in motion

Basic Emotions: happy, mad, sad, scared

I feel \_\_\_\_\_ when you \_\_\_\_\_ because I think \_\_\_\_\_.

## **GIVE YOURSELF PERMISSION TO SAY "NO"**

Strategies

Take time to think it over – "let me get back to you"

Remind yourself that your decision is entirely up to you

"No" is an honorable response

If you say "yes" when you want to say "no" you will feel resentful

When saying "no" under difficult situations use an empathetic response

Remember that you owe no explanation

## **DO YOUR EMOTIONAL FAMILY HISTORY**

Reasons why emotional family history is important information

Reasons why we avoid discussing this info vs. physical illness

What relationship patterns, psychological vulnerabilities, and genetic predispositions did you inherit?

Honoring parents

## **TAKE RESPONSIBILITY FOR YOUR OWN HAPPINESS**

Nephi 2:25 (wo)men are that they might have joy.

Dependency breeds hostility

"Follow your bliss" Joseph Campbell

Do one thing that brought you joy as a child

Take one step toward realizing a lifelong dream

## **PRACTICE BEING KIND TO YOURSELF**

Positive self-talk

Replace "to-do" list with "what I did today" list

Body image – instrumental vs. ornamental

Perfect = ripe, whole, complete (not flawless)

1 Kings 8:61 perfect heart

2 Samuel 22:31-33 He maketh my way perfect

## **LEARN TO ASK FOR AND ACCEPT HELP**

Galatians 6:2 Bear ye one another's burdens...(reciprocal)

Reasons why it's hard to ask for help

When to seek professional help for relationship or mental health problems

Reason people don't seek help for mental health issues

Ask for spiritual help. Christ is The Healer.

# ANXIETY DISORDERS

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Anxiety disorders are illnesses that cause people to feel frightened, distressed and uneasy for no apparent reason. Left untreated, these disorders can dramatically reduce productivity and significantly diminish an individual's quality of life. It is common for an anxiety disorder to accompany another anxiety disorder or depression, eating disorders or substance abuse. Anxiety disorders can also coexist with physical disorders. Anxiety disorders are the very most common mental illnesses in America; more than 19 million are affected by these debilitating illnesses each year.

## **Types of Anxiety Disorders**

### Panic Disorder

Characterized by panic attacks, sudden feelings of terror that strikes repeatedly and without warning. Physical symptoms include chest pain, heart palpitations, shortness of breath, dizziness, abdominal discomfort, feelings of unreality and fear of dying.

### Obsessive-Compulsive Disorder

Repeated, intrusive and unwanted thoughts or rituals that seem impossible to control.

### Post-Traumatic Stress Disorder

Persistent symptoms that occur after experiencing a traumatic event; such as a war, rape, child abuse, natural disasters, or being taken hostage. Nightmares, flashbacks, numbing of emotions, depression, and feeling angry, irritable, distracted, and being easily startled are common.

### Phobias (social or specific)

Extreme, disabling and irrational fear of something that really poses little or no actual danger; the fear leads to avoidance of objects or situations and can cause people to limit their lives.

### Generalized Anxiety Disorder

Chronic, exaggerated worry about everyday routine life events and activities, lasting at least six months; always anticipating the worst even though there is little reason to expect it; accompanied by physical symptoms such as fatigue, trembling, muscle tension, headache, or nausea.

## **Treatment**

A combination of medication or specific types of psychotherapy is frequently the most effective treatment. If one medication is not effective, others can be tried. New medications are current under development to treat anxiety symptoms.

The two most effective forms of psychotherapy used to treat anxiety disorders are behavioral therapy and cognitive-behavioral therapy. Behavioral therapy tries to change actions through techniques such as diaphragmatic breathing or through gradual exposure to what is frightening. In addition to these techniques, cognitive-behavioral therapy teaches patients to understand their thinking patterns so they can react differently to the situations that cause them anxiety.

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# DEPRESSION

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Depression is a serious medical condition that involves the body, mood and thoughts. It affects the way a person eats and sleeps, feels, and thinks. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. Depressive disorders are common; they affect an estimated 9.5 percent of adult Americans in a given year, or about 19 million people. Depressive disorders often begin between ages 15 and 30 but also can appear in children.

## Symptoms of Depression

Not everyone with a depressive disorder experiences every symptom. The number and severity of symptoms may vary among individuals and also over time. In addition, men and women may experience depression differently. Symptoms of depression include:

- Persistent sad, anxious, or "empty mood
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Feelings of hopelessness, pessimism, guilt, worthlessness, helplessness
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Trouble sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Restlessness, irritability
- Persistent physical symptoms, such as headaches, digestive disorders, and chronic pain, that do not respond to routine treatment
- Increased drinking, cigarette smoking, drug use
- Thoughts of death or suicide (Seek IMMEDIATE TREATMENT)
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## Treatment

Treatment choices will depend on the patient's diagnosis, severity of symptoms, and preference. A variety of treatments, including medications and short-term psychotherapies (i.e., "talking" therapies), have proven effective for depression. In general, severe depressive illnesses, particularly those that recurrent, will require a combination of treatments for the best outcome.

## Symptoms of Depression

**Major Depression** is manifested by a combination of symptoms (see symptom list) that interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities. A major depressive episode may occur only once, but it is more common for several episodes to occur in a lifetime. Chronic major depression may require a person to continue treatment indefinitely.

**Dysthymia** A less severe type of depression involves long-lasting symptoms that do not seriously disable, but keep one from functioning well or feeling good. Many people with dysthymia also experience major depressive episodes during their lives.

**Bipolar Disorder** (or manic-depressive illness)

Cycling mood changes: severe highs (mania) and lows (depression), often with periods of normal mood in between. Alternating periods of any or all of the symptoms of depression and **mania**; overactive, over-talkative, a great deal of energy affecting thinking, judgment, and social behavior in ways that cause serious problems and embarrassment. For example, an individual in a manic phase may feel elated and full of grand schemes that might range from unwise business decisions to romantic sprees.

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# MENTAL ILLNESS

## WARNING SIGNS

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Mental illness is an illness that affects or is manifested in a person's brain. It may impact on the way a person thinks, behaves, and interacts with other people. The term "mental illness" actually encompasses many psychiatric disorders that can vary in severity and duration. Many people suffering from mental illness may not look as though they are ill or that something is wrong, while others may appear to be confused, agitated, or withdrawn. Mental illnesses are real illnesses – as real as heart disease and cancer – and they require and respond well to treatment.

### **Warning Signs**

- Marked personality changes
- Confused thinking
- Prolonged depression, irritability and apathy
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Strange ideas
- Growing inability to cope with daily problems and activities
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse
- Thoughts of death or suicide (seek immediate attention)

If you notice any of these symptoms, encourage the individual to seek a mental health evaluation.

### Additional mental health resources:

[www.worplacementalhealth.org](http://www.worplacementalhealth.org)  
[www.nmha.org](http://www.nmha.org)  
[www.menathealth.org](http://www.menathealth.org)  
[www.nimh.gov](http://www.nimh.gov)

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# EATING DISORDERS

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## Types of Eating Disorders

### Anorexia

- An estimated 0.5 to 3.7 percent of females suffer from anorexia nervosa in their lifetime
- Self-starvation and extreme weight loss of 15% or more of normal body weight
- Distorted body image
- Intense fear of weight gain
- In females, loss of menstrual cycle
- Failure to maintain a healthy minimum weight

### Bulimia

- An estimated 1.1 percent to 4.2 percent of females have bulimia nervosa in their lifetime
- A secretive pattern of bingeing and purging
- Feeling out of control during a binge
- Purging after a binge
- Extreme preoccupation with body weight and shape
- Frequently normal within normal weight range

### Binge-Eating Disorder (compulsive overeating)

- Estimations are that between 2 percent and 5 percent of Americans experience binge-eating disorder in a 6-month period
- Consumption of large amounts of food when not physically hungry
- Eating alone due to embarrassment about the quantity of food consumed
- Weight range is average to obese
- Feelings of shame, disgust, depression after bingeing

## Treatment

Eating disorders require a comprehensive treatment plan involving medical care and monitoring, psychosocial interventions, nutritional counseling and, when appropriate, medication management. The acute management of severe weight loss is usually provided in an inpatient hospital setting. Individual psychotherapy, group psychotherapy that uses a cognitive-behavioral approach, and family or marital therapy have been reported to be effective. Psychotropic medications are often used to treat eating disorders in combination with psychotherapy.

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## CHILDHOOD MESSAGES

Think about the comments and messages you received as a child. Don't be concerned whether the message was true or false, just as "was it frequently repeated or implied?"

### **What are the messages that you received about:**

- The importance of your intelligence:
- Your role in your family:
- Your ability to solve problems:
- Your education:
- Your vocation:
- Earning money:
- Marriage:
- Children:
- Religion/spirituality:
- Feminine behavior:
- Masculine behavior
- The importance of your appearance:
- The importance of your emotions:

### **Now ask:**

- "How do these messages affect what I'm doing in my life?"
- "What impacts me in a positive way?"
- "What impacts me in a negative way?"

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# FEELING WORDS

## Increase Your Emotional Vocabulary

**A**~abandoned~absent-minded~abused~accepted~accused~admired~adored~adrift~affectionate~afraid~aggravated  
~aggressive~agitated~alarmed~alert~alienated~alive~alone~aloof~alluring~amazed~ambushed~amused~angry~antagonistic~  
~anxious~apathetic~appalled~apologetic~appreciated~appreciative~apprehensive~aroused~ashamed~astonished~  
~attacked~attractive~aware~awestruck~awkward~**B**~bad~baffled~bashful~beaten down~belittled~benevolent~berated~  
~betrayed~bewildered~bitter~blamed~blue~bold~bored~bothered~brave~broken~bummed~burdened~burned  
out~**C**~calm~capable~carefree~careless~caring~cautious~censored~centered~certain~challenged~charmed~  
~cheated~cheerful~cherished~childish~clean~clear~clever~close~closed~clueless~clumsy~cold~comfortable~  
~committed~compassionate~competent~competitive~complacent~complete~concerned~condemned~confident~confused~  
~considerate~contemplative~contempt~content~controlled~convicted~cornered~courageous~cowardly~cranky~crazy~cros~  
~crushed~curious~**D**~daring~dashed~dazed~dead~deceived~dedicated~defeated~defenseless~defensive~  
~defiant~degraded~dejected~delicate~delighted~demoralized~dependent~depressed~deprived~deserted~desired~  
~despair~desperate~destroyed~detached~determined~devastated~devious~devoted~different~difficult~dirty~  
~disappointed~disbelieving~discarded~disconnected~discontent~discouraged~disgraced~disgusted~disheartened~dishonest~  
~disillusioned~dismal~dismayed~disobedient~disorganized~disposable~distant~distracted~distressed~disturbed~doubtful~  
~drained~dropped~dull~dumb~**E**~eager~ecstatic~edgy~effective~embarrassed~empathetic~empty~enchanted~  
~encouraged~energetic~energized~elated~enlightened~enraged~enriched~entertained~enthusiastic~envious~evasive~  
~evil~exasperated~excited~excluded~exhausted~exhilarated~expectant~exploited~exposed~exuberant~**F**~faithful~fake~  
~fantastic~fatigued~fearful~fearless~feisty~fine~flustered~foolish~forgiven~forgiving~forgotten~fortunate~framed~frantic~  
~free~friendly~frightened~frisky~frustrated~fulfilled~full~funny~furious~**G**~generous~gentle~giving~grieving~glorious~  
~good~grateful~great~glad~gloomy~grouchy~grumpy~guarded~guilty~gullible~**H**~handicapped~happy~hateful~  
~haunted~healthy~heard~heartbroken~helpful~helpless~hesitant~honored~hopeful~hopeless~horrible~horrified~hospitable~  
~hostile~humble~humiliated~hurt~hysterical~**I**~idealistic~idiotic~ignorant~ignored~imaginative~immune~impatient~  
~impelled~imperfect~impertinent~important~impressed~impulsive~inadequate~inattentive~incensed~incompetent~  
~incomplete~incredulous~indebted~indecisive~independent~indifferent~industrious~inept~inferior~inflated~informed~  
~infuriated~inhibited~innocent~innovative~inquisitive~insane~insecure~insensitive~insignificant~isolated~insulted~intense~  
~interested~interrogated~interrupted~intimidated~intimate~intrigued~invigorated~invisible~involved~irrational~irresponsible~  
~irritated~irked~**J**~jaded~jealous~jinxed~jolly~joyful~jubilant~judged~judgmental~jumpy~just~justified~**K**~kidded~  
~kind~knowledgeable~**L**~late~lazy~leery~left out~let down~liable~liberated~lifeless~light-hearted~liked~listened to~  
~logical~lonely~loose~lost~lousy~lovable~loved~loving~lucky~**M**~mad~manipulated~mean~meditative~melancholy~  
~merry~mischievous~miserable~misinterpreted~mistreated~misunderstood~mixed~up~mocked~modest~molested~moody  
~motivated~moved~mystified~**N**~naive~nasty~needed~needy~negative~neglected~nervous~neurotic~nonchalant~  
~nostalgic~noticed~numb~**O**~obeyed~obligated~obvious~odd~offended~old~open~oppressed~optimistic~ornery~  
~out~of~control~outraged~overcome~overjoyed~overloaded~overwhelmed~overworked~owned~**P**~pampered~paralyzed~  
~passionate~passive~patient~peaceful~peevd~pensive~perky~perplexed~persecuted~pessimistic~pestered~petrified~  
~petty~phony~pious~playful~pleased~poor~possessive~positive~powerful~powerless~practical~pressured~private~  
~productive~protected~protective~proud~provoked~prudish~punished~pushy~puzzled~**Q**~questioned~quiet~**R**~  
~rambunctious~reassured~realistic~rebellious~reborn~receptive~reckless~recognized~reconciled~reflective~refreshed~  
~regretful~rejected~rejuvenated~relaxed~released~relieved~reluctant~reminiscent~remorse~renewed~replaced~  
~replenished~repressed~rescued~resentful~reserved~resistant~resourceful~respected~responsible~restricted~revengeful~  
~revitalized~rich~ridiculous~right~rigid~robbed~romantic~rotten~rushed~**S**~sabotaged~sad~safe~sassy~satisfied~saved~  
~scared~scolded~scorned~secure~seductive~self-assured~self-centered~self-confident~self-conscious~self-destructive~  
~self-reliant~selfish~sensitive~sentimental~serene~serious~sexy~skillful~shamed~shaken~sheepish~shocked~shunned~shy~  
~sick~silenced~silly~sincere~sinful~slandered~sluggish~small~smart~smothered~skeptical~solemn~soothed~sorry~special~spiteful~splendid~spu  
nky~squashed~stifled~stimulated~stingy~strained~stretched~stressed~strong~stubborn~stumped~  
~stunned~stupid~submissive~sympathetic~**T**~tacky~tactful~talented~talkative~tame~tarnished~tasteful~tearful~teased~  
~tenacious~tender~tense~tepid~terrible~terrific~terrified~tested~testy~thankful~thoughtful~threatened~thrifty~thrilled~  
~tired~tricked~troubled~trusted~**U**~ugly~unacceptable~unappreciated~unbalanced~unburdened~uncanny~  
~uncomfortable~unwise~uplifted~used~useless~**V**~vacant~vague~vain~valid~valued~vexed~viscous~victimized~  
~victorious~violated~vivid~void~**W**~wacky~warlike~warm~warmhearted~warned~wary~wasted~weak~wealthy~weary~  
~weird~whole~wild~willful~wishful~witty~worldly~worse~worthy~wounded~wrong~**Y**~yearning~yellow~yielding~young~  
~youthful~**Z**~zany~zealous

## MAKE ENOUGH OF ME

Written by Julie de Azevedo

Overwhelmed and underpaid  
Morning comes too soon  
Running late and on my plate  
A million things to do

Got a baby cryin'  
Another trying to find the other shoe  
When I open my eyes  
The dam will break  
Their need will flood my room

You made wine from water  
And raised up Jairus' daughter from her bed  
From her bed  
Filled the empty fishing nets  
And with some loaves and fishes fed  
A hungry crowd  
A hungry crowd  
Make enough of me to go around

My mother's sick  
And I'm late to pick up kids at school  
I need to clean  
Can't fit in my jeans  
The fridge gives no comfort food

You made wine from water  
Raised up Jairus' daughter from her bed  
From the dead  
Filled the empty fishing nets  
And with some loaves and fishes  
Fed a hungry crowd  
I hunger now  
Make enough of me to go around

Multiply and magnify  
This tiny little life of mine  
Enlarge me  
And expand this heart  
And fill it with divine

My heart is cold  
Nothing grows  
But thistles and some thorns  
They choke the light  
And shrink the vine  
I need to be reborn

You made wine from water  
And told a scarlet daughter  
Sin no more  
Sin no more  
Surrendered to the garden  
Through thorns and nails you pardoned  
The angry crowd  
The angry crowd  
Make enough of me to go around  
Make enough of me to go around

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