How to Beat Burnout for Yourself, Your Family and Your Team with Stan Ward

with Stan Ward · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Leadership coach Dr. Stan Ward made burnout a focus of his practice after a Mayo Clinic doctor asked him, during a 2015 health crisis, how he dealt with stress.

- [ ] Ask yourself how you deal with stress, and notice where you carry it.
- [ ] List what is causing your sense of overload, and separate what is worth addressing from what you can let go.
- [ ] Schedule the things that put energy back into you, the same way you schedule work.
- [ ] Respect the limits of your hours and your body when you plan your day.
- [ ] When something frustrates you, separate what happened from the story you're telling yourself about it.
- [ ] Check whether the urgency you feel, like answering every email instantly, is pressure you've put on yourself.
- [ ] At the end of each day, write down three things that went well.
- [ ] Share three successes of the week with your family or team.
- [ ] Capture your ideas in one place, then put your time into the 20% that will bring 80% of the results.
- [ ] When you feel tension, breathe in through your nose to your belly and out through your mouth for twice as long, two or three times.

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