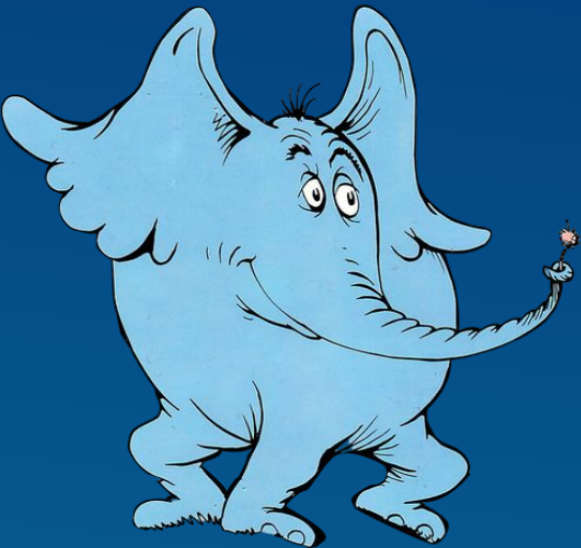




UNLESS SOMEONE LIKE YOU
CARES A WHOLE AWFUL LOT:
ROTARIAN BURNOUT



- ▶ State of emotional, physical, and mental exhaustion caused by EXCESSIVE and PROLONGED stress. Symptoms include:
 - ▶ Loss of meaning; loss of excitement
 - ▶ Demotivation, detachment
 - ▶ Depleted energy levels, fatigue, exhaustion
 - ▶ Lower productivity, missing meetings



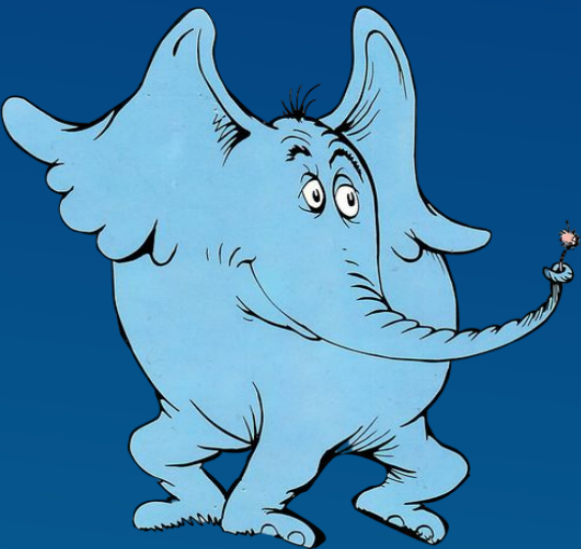
WHAT IS BURNOUT?



Taking an
UNNECESSARY
&
DANGEROUS RISK!

BURNOUT: DEMONSTRATED

- ▶ It is NOT stress!
- ▶ Dislike for Rotary; problems with other Rotarians.
- ▶ Frustration, cynicism most of the time.
- ▶ Wanting to leave the club.
- ▶ Performance issues.
- ▶ Problems at home.
- ▶ Sleep and appetite problems.



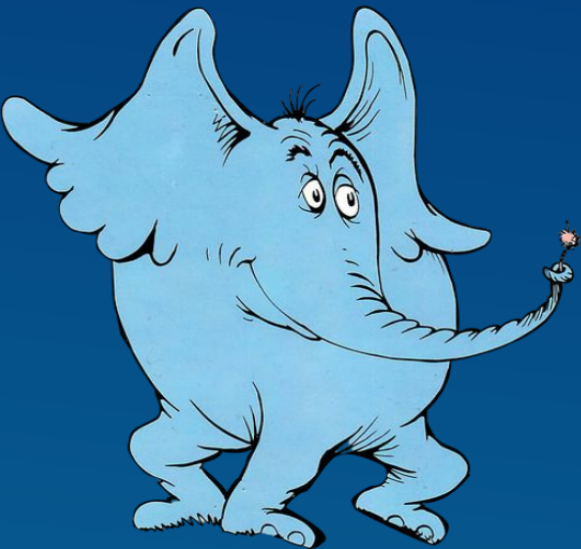
recognize



Not taking a risk at all...

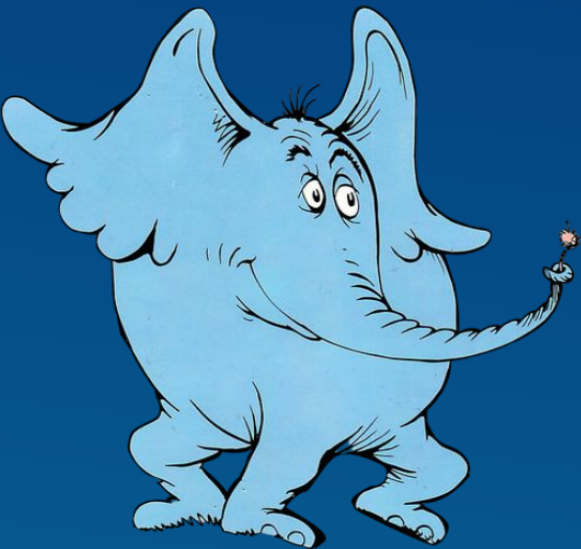
BURNED OUT: DEMONSTRATED

- ▶ Ask for help
- ▶ DELEGATE
- ▶ Say NOPE! No. No way. If it's not a "heck, yea" it is a NO!
- ▶ PRIORITIZE
- ▶ Create AN ACTION PLAN



reverse

- ▶ Connect with others
- ▶ Self-care
- ▶ M.E.N.T. (manage energy, not time)
- ▶ Routine: sleep, MOVE, eat, repeat
- ▶ Discover creativity, cultivate kindness, positivity...
- ▶ Seek GRATITUDE!



resilience



**Taking necessary and
worthy risks!**

RESILIENCE: DEMONSTRATED



...NOTHING IS GOING TO GET
BETTER. IT IS NOT!

