



July—Burnout?

What is Burnout?

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place.

Burnout reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

The negative effects of burnout spill over into every area of life—including your home, work, and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it's important to deal with burnout right away.

Signs and symptoms of burnout

Most of us have days when we feel helpless, overloaded, or unappreciated—when dragging ourselves out of bed requires the determination of Hercules. If you feel like this most of the time, however, you may be burned out.

Burnout is a gradual process. It doesn't happen overnight, but it can creep up on you. The signs and symptoms are subtle at first, but become worse as time goes on. Think of the early symptoms as red flags that something is wrong that needs to be addressed. If you pay attention and actively reduce your stress, you can prevent a major breakdown. If you ignore them, you'll eventually burn out.

Physical signs and symptoms of burnout:

- ◇ Feeling tired and drained most of the time
- ◇ Lowered immunity, frequent illnesses
- ◇ Frequent headaches or muscle pain
- ◇ Change in appetite or sleep habits

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You wouldn't let this happen to your phone.
Don't let it happen to you either.
Self care is a priority, not a luxury

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July Quote: "If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life." – Author Unknown

Club

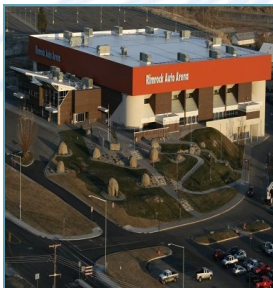
President:

Rene Critelli



July Volunteer Opportunities:
 July 13th—Brews & BBQ
 July 25th—"Twins of Evil"
 Marilyn Manson & Rob
 Zombie
 July 28th—Disturbed

Future Volunteer Opportunities:
 August 9th—BlackHawk,
 Restless Heart, & Shenandoah
 August 10th—An Evening
 with 98 Degrees
 August 11th—Old Dominion
 August 25th—Weird Al
 Yankovic



Come weekly at 7:00
 a.m. on Friday
 to the Yellowstone
 Room and get to know
 your fellow
 Exchangites!



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Emotional signs and symptoms of burnout:

- ◇ Sense of failure and self-doubt
- ◇ Feeling helpless, trapped, and defeated
- ◇ Detachment, feeling alone in the world
- ◇ Loss of motivation
- ◇ Increasingly cynical and negative outlook
- ◇ Decreased satisfaction and sense of accomplishment

Behavioral signs and symptoms of burnout:

- ◇ Withdrawing from responsibilities
- ◇ Isolating yourself from others
- ◇ Procrastinating, taking longer to get things done
- ◇ Using food, drugs, or alcohol to cope
- ◇ Taking out your frustrations on others
- ◇ Skipping work or coming in late and leaving early

The difference between stress and burnout

Burnout may be the result of unrelenting stress, but it isn't the same as too much stress. Stress, by and large, involves *too much*: too many pressures that demand too much of you physically and mentally. However, stressed people can still imagine that if they can just get everything under control, they'll feel better.

Burnout, on the other hand, is about *not enough*. Being burned out means feeling empty and mentally exhausted, devoid of motivation, and beyond caring. People experiencing burnout often don't see any hope of positive change in their situations. If excessive stress feels like you're drowning in responsibilities, burnout is a sense of being all dried up. And while you're usually aware of being under a lot of stress, you don't always notice burnout when it happens.

Stress vs. Burnout

Stress	Burnout
Characterized by over-engagement	Characterized by disengagement
Emotions are over reactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness & hopelessness
Loss of energy	Loss of motivation, ideals, & hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional
May kill you prematurely	May make life seem not worth living

Causes of burnout

Burnout often stems from your job. But anyone who feels overworked and undervalued is at risk for burnout, from the hardworking office worker who hasn't had a vacation in years, to the frazzled stay-at-home mom tending to kids, housework, and an aging parent.

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But burnout is not caused solely by stressful work or too many responsibilities. Other factors contribute to burnout, including your lifestyle and personality traits. In fact, what you do in your downtime and how you look at the world can play just as big of a role in causing overwhelming stress as work or home demands.

Work-related causes of burnout:

- ◇ Feeling like you have little or no control over your work
- ◇ Lack of recognition or reward for good work
- ◇ Unclear or overly demanding job expectations
- ◇ Doing work that's monotonous or unchallenging
- ◇ Working in a chaotic or high-pressure environment

Lifestyle causes of burnout

- ◇ Working too much, without enough time for socializing or relaxing
- ◇ Lack of close, supportive relationships
- ◇ Taking on too many responsibilities, without enough help from others
- ◇ Not getting enough sleep

Personality traits can contribute to burnout

- ◇ Perfectionistic tendencies; nothing is ever good enough
- ◇ Pessimistic view of yourself and the world
- ◇ The need to be in control; reluctance to delegate to others
- ◇ High-achieving, Type A personality

Time to act

Whether you recognize the warning signs of impending burnout or you're already past the breaking point, trying to push through the exhaustion and continuing as you have been will only cause further emotional and physical damage. Now is the time to pause and change direction by learning how you can help yourself overcome burnout and feel healthy and positive again.

Dealing with burnout requires the "Three R" approach:

Recognize – Watch for the warning signs of burnout

Reverse – Undo the damage by seeking support and managing stress

Resilience – Build your resilience to stress by taking care of your physical and emotional health

To deal with burnout, turn to other people

When you're on the road to burnout, you can feel helpless. But you have a lot more control over stress than you may think. There are positive steps you can take to deal with overwhelming stress and get your life back into balance. One of the most effective is to reach out to others.

Social contact is nature's antidote to stress and talking face to face with a good listener is one of the fastest ways to calm your nervous system and relieve stress. The person you talk to doesn't have to be able to "fix" your stressors; they just have to be a good listener, someone who'll listen attentively without becoming distracted or expressing judgment.

Reach out to those closest to you, such as your partner, family, and friends. Opening up won't make you a burden to others. In fact, most friends and loved ones will be flattered that you trust them enough to confide in them, and it will only strengthen your friendship. Try not to think about what's burning you out and make the time you spend with loved ones positive and enjoyable.

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Be more sociable with your coworkers. Developing friendships with people you work with can help buffer you from job burnout. When you take a break, for example, instead of directing your attention to your smart phone, try engaging your colleagues. Or schedule social events together after work.

Limit your contact with negative people. Hanging out with negative-minded people who do nothing but complain will only drag down your mood and outlook. If you have to work with a negative person, try to limit the amount of time you spend together.

Connect with a cause or a community group that is personally meaningful to you. Joining a religious, social, or support group can give you a place to talk to like-minded people about how to deal with daily stress—and to make new friends. If your line of work has a professional association, you can attend meetings and interact with others coping with the same workplace demands.

Find new friends. If you don't feel that you have anyone to turn to, it's never too late to build new friendships and expand your social network.

The Power of Giving

Being helpful to others delivers immense pleasure and can help to significantly reduce stress as well as broaden your social circle.

While it's important not to take on too much when you're facing overwhelming stress, helping others doesn't have to involve a lot of time or effort. Even small things like a kind word or friendly smile can make you feel better and help lower stress both for you and the other person.

Reevaluate priorities

Burnout is an undeniable sign that something important in your life is not working. Take time to think about your hopes, goals, and dreams. Are you neglecting something that is truly important to you? This can be an opportunity to rediscover what really makes you happy and to slow down and give yourself time to rest, reflect, and heal.

Set boundaries. Don't overextend yourself. Learn how to say "no" to requests on your time. If you find this difficult, remind yourself that saying "no" allows you to say "yes" to the commitments you want to make.

Take a daily break from technology. Set a time each day when you completely disconnect. Put away your laptop, turn off your phone, and stop checking email.

Nourish your creative side. Creativity is a powerful antidote to burnout. Try something new, start a fun project, or resume a favorite hobby. Choose activities that have nothing to do with work or whatever is causing your stress.

Set aside relaxation time. Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the stress response.

Get plenty of sleep. Feeling tired can exacerbate burnout by causing you to think irrationally. Keep your cool in stressful situations by getting a good night's sleep.

Are you on the road to burnout?

You may be on the road to burnout if:

- ◇ Every day is a bad day.
- ◇ Caring about your work or home life seems like a total waste of energy.
- ◇ You're exhausted all the time.
- ◇ The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- ◇ You feel like nothing you do makes a difference or is appreciated.

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

PO Box 2224
Billings, MT 59103

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Looking for something to do and support community organizations at the same time?

- 4th—Independence Day
- 4th—Chief Joseph Uphill Run
- 5th—Billings First Fridays (downtown)
- 5th—Movies Under the Stars (@Zoo)
- 12th-14th—Summerfair
- 13th—Beartooth Run
- 13th—Movies Under the Stars (@Zoo)
- 16th—Josephine Crossing Summer Concert Series
- 19th - 21st— Big Sky State Games
- 20th—Outdoor Movie (@ Pioneer Park)
- 26th-28th—Balloons Over Billings (Amend)
- Thursdays (except 7/4) —St. Johns Summer Concert Series
- Thursdays (except 7/4) —Alive After 5
- Thursdays (except 7/4) - Gardeners Market
- Saturdays (beginning 7/20) - Farmer's Market
- Mondays—Community Monday @ Hooligans (each week benefits different organization)
- Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)
- Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)



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CAP Center Corner

ACEs

We've all heard about ACEs as Stacy has done a great job in bringing the information to us during April's Child Abuse Prevention presentations. Unfortunately, the problem being that breakfast meetings are a very short time to get lots of information out.

Are you interested in learning more?!

Just a few weeks ago, I attended the State Housing Conference and I had the opportunity to watch two documentaries on ACEs that were tremendous in learning more about ACEs. They were being showed at 7:00 a.m. the third morning of the conference, after late night shenanigans with the State folks from Helena so I seriously debated on whether or not I REALLY needed to see these documentaries...so glad I drug my rusty butt in to watch them.

The first documentary, The Resilience Movie (www.resiliencemovie.com), discussed some great research on how adverse childhood experiences effects one's health as an adult. Adults with a high ACEs score are 2x more likely to have heart disease, 3x more likely to have depression, more likely to get cancer, and may have a lower life expectancy by 20 years! A statement in the documentary that I felt was very powerful was, "The child may not remember, but the body remembers." The director, James Redford, of this documentary also directed another documentary called Paper Tigers. We did not view this particular one, but I heard from others there that it was also a good one to view!

If you can take some time to watch The Resilience Movie or Paper Tigers, I recommend them. I also would recommend the second documentary we watched, Broken Places (www.brokenplacesfilm.com). This particular documentary discussed the research they have on how some children are severely damaged by early adversity and some mend at the broken places, become stronger and thrive. Are you a dandelion that can thrive anywhere under all the conditions or are you an Iris that wilts under adversity? There were some great programs shown that teachers, schools and clinics are creating and taking on to help children facing adverse childhood experiences come through stronger. Dr. Nadine Harris, a Pediatrician, shared that while ACEs have a huge impact on one's life, not one day was spent on learning about ACEs during her schooling to become a doctor!! Wow!

I also had the privilege to attend a breakout session during the conference called Diffusing the Drama which was also about ACEs and toxic stress. This particular session was put on by Tina Eblen of the Childwise Institute in Helena and Kati Bono, also of the Childwise Institute. More great information on how we all have a different ACEs score from very, very low to very high and that can change the way we each react to the different stressors in everyday life. So in other words, we don't know everyone's journey, so show a little bit of compassion when your co-worker, neighbor, friend, etc. is having a rough day!

Check out the documentaries and take a look at the information the Childwise Institute has on their website:
www.childwise.org





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Committee Happenings:

BECON Committee—Your July BECON Editor is Rod Hessler

Social Committee—Cornhole Tournament and Mustangs Baseball coming your way!

Bejot Golf Tournament—Get signed up for the super fun member tournament that will be held at Pryor Creek Golf Course on Friday, July 26th.

Patriotism Committee—Club members to hand out flags at the Fourth of July Parade in Red Lodge and Big Sky State Games on July 19th. Veteran's Day at the Fair details to come. Also working on a Chili Cook Off for Veteran's Day. Stay tuned.

Other Upcoming Happenings:

National Convention—July 17—20 in Norfolk, VA (always a great event for learning and having lots of fun).

GET INVOLVED!!

**** Committee Chairs—Please email your upcoming events to dinaharmon1212@gmail.com to be included in next months newsletter! ****