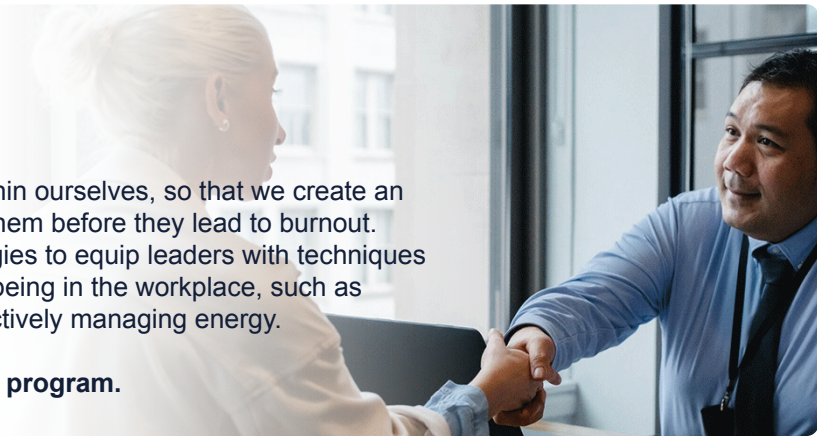


# Leading Through Burnout

Mindfulness practices help us build a connection within ourselves, so that we create an awareness of our thoughts and feelings to address them before they lead to burnout. This on-demand program covers mindfulness strategies to equip leaders with techniques for easing symptoms of burnout and improving well-being in the workplace, such as boundary-setting, practicing self-compassion, and actively managing energy.

You must have an eM Life account to access this program. Registration instructions are detailed below.



## Leading Through Burnout Topics:



### Recovering from Burnout - Reclaiming Your Enthusiasm and Vitality

When we're in the grips of burnout, we can lose our enthusiasm and sense of optimism. Perhaps that's something you've experienced. No matter how passionate or how committed we are, we all have limits. To be at our best, we need time for recovery –ideally building moments of renewal into everyday life.

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### Setting Boundaries - Guarding Yourself from Burnout

As leaders, the demand for our time and attention is ever-increasing. Setting boundaries is imperative to protect our physical and mental health, our families, and our ability to learn and grow as a leader. It can help us ward off and recover from burnout.

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### Countering Burnout by Connecting with Others

Others look to leaders as a source of strength and steadiness, but in burnout, the ground beneath us feels less solid. The practice of mindfulness can help you forge a deeper connection with yourself and with others.

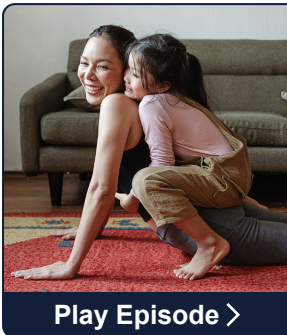
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### Are You Feeling Burned Out and Finding it Hard to Conceal?

When we're experiencing burnout, it's hard to focus, find clarity, and the motivation, energy and confidence to accomplish all that needs to get done. Mindfulness helps us to choose where we place our attention and to connect with ourselves and others in a more authentic way.

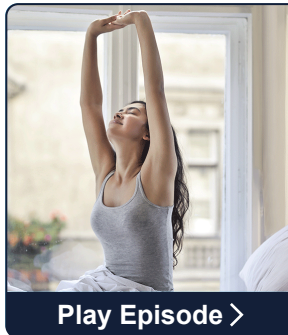
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### Feeling Burned Out? Re-establishing a Foundation of Wellbeing

As a leader, you may find yourself pushing through burnout and exhaustion, perhaps fueled by caffeine, sugar, and adrenaline – over-riding the body's signals for sleep, exercise, and healthy food. The body has its own intelligence and as you develop the skill of awareness, you learn to tune into what you need to feel your best.

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### Easing Burnout with Self-Kindness and Compassion

As leaders, we set high standards for ourselves, often taking on more than we can realistically handle or being self-critical when unable to live up to our own high standards of excellence. Mindfulness helps us set and honor intentions to practice self-care and set boundaries.

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### How To Manage and Protect Your Energy

When energy is high, leaders are innovating and showing enthusiasm and optimism. In burnout, they're still able to complete tasks and meet deadlines, but they're less inquisitive. They lose their creative edge. Only when we are fully energized are we capable of being the best versions of ourselves.

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