

5 Tips to Avoid the Burnout Trap

Summer is a great time to recharge your batteries and develop stress management awareness to carry with you through the rest of the year. NAFE member Lisa Whaley offers these five tips:

- 1. Don't try to be someone you're not.** Success is not dependent on who we are as much as on what we do with who we are. Faking it, or trying to create a different personality in order to try to live up to other people's expectations or perceptions of us, can be exhausting, and also can lead to failure and internal conflict.
- 2. Set realistic goals not in conflict with your personal values.** Goals - which keep us moving forward - shouldn't clash with our core values. Be comfortable with the consequences of your choices. If you think about how accomplishing your goals lines up with your personal values and adjust accordingly, harmony between work and life results-and you limit chaos.
- 3. Take charge of, and responsibility for, your own career and life.** Be proactive, not reactive. Don't let outside actions and events dictate your decisions or you'll find yourself heading to the burnout trap. Measure your progress toward the realistic goals that you have set. When reverses and disappointments occur, adjust your goals accordingly but keep moving toward them. No one cares more about your life and your career than you.
- 4. Make time for yourself.** Since we are all so calendar driven, schedule an appointment with yourself-and treat it just as you would any other important appointment. You need sufficient hours for your own relaxation and the things that you enjoy. As women, we have a propensity to take care of everyone and everything and can neglect our own needs.
- 5. Celebrate successes and learn from failures.** Even small milestones should be celebrated. And Robert F. Kennedy said, "Only those who dare to fail greatly can ever achieve greatly." There is no shame in failing or making mistakes. Don't dwell on mistakes or setbacks-learn from them and move on. We've all got baggage; just don't allow it to weigh you down-a small carry-on is enough!

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