Exercises for BURNOUT PREVENTION

READ&DO

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1 Basic modules
1.1 Burnout, succinctly
Write down your situation concerning the three dimensions described in the text.

1.2 A message of renewal.
What do you concretely mean by 'deep pleasure'?

2 As for burnout

2.1 From idealism to burnout

Describe in your own words how and when idealism can lead to burnout.

2.2 From distress to burnout

Concerning risk factors in the table, find out for each of these points what it means to you. write down.		

3 Burnout prevention: new paths to inner strength

3.1 The way of wanting

Make a list of 'important values.	,

3.2 Work motivation Check what is slowing down your work motivation and how you can handle this.

3.3 Thinking positive -> being positive To concrete action		

3.4 From burnout to a new beginning What touches you deep inside?

3.5 The ideal place of work

How can you be even more motivated to work for this company/your career/this higher purpose?