

Superheroes and Burnout

November 2024 Newsletter

11/1/2024

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Burnout

In today's world, even with the increased awareness of the importance of work life balance and mental wellbeing, burnout is somehow still thought of as self-induced. "We feel we should have spoken up, set clear boundaries, taken time off or reduced our workload."

If we feel that we are expected to deliver superhuman miracles

appetite, our sleep patterns and our overall mood are indications from nature that we are out of balance.

As we all know, Superheroes are not renown for having a healthy work life balance. On a mission to improve the world in some meaningful way they risk life and limb to save others. However, even the guys



routinely then the fear of losing that hero status can cause us to move into denial and isolation.

Burnout frequently affects high performing people who thrive under pressure. And when they start to feel irritable, exhausted, overwhelmed, pessimistic and resentful they may feel afraid to share it with others for fear of being seen as weak and needy.

Burnout is our body telling us we have overdone it. Changes in our

from Marvel Studios can't sustain that level of Herculean achievements without eventually becoming exhausted and losing their way.

Taking time off, reducing your workload and increasing your self-care will help you to regain perspective, but remember the changes need to be sustained and not just a quick fix. Put on your own oxygen mask first.

Marie Wellness Clinic

This month the theme is all about burnout.

Burnout is caused by long-term stress, accompanied by a lack of support and unclear expectations. It can lead to an array of health issues including depression.

For Marvel Superheroes, caring for and prioritizing others is shown to consume most of their time and attention. While this is very noble and worthwhile it creates the illusion that this is sustainable. Perhaps, there is still some stigma attached to admitting that emotional and psychological stress brought about by prolonged stressful circumstances is not a real thing even though research shows that it can put your health and well-being in jeopardy.

Call me for a chat on 0501087592