



Breakdown to Breakthrough – How to avoid Burnout and prioritise self care

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Who am I?



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Managing Partner

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My Journey so far

From barrister to solicitor

Anxiety and **PTSD**

Mental breakdown to breakthrough

Moment of madness at 29

Launch of **Thrive Law** in 2018

My Mission

Impact of Lockdown

ADHD journey continues



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What is Anxiety?

- How an individual feels when they are worried or afraid about somethings that is about to happen or will happen in the future.
- Fight, Flight or Freeze Response
- Intolerance to uncertainty



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How does Anxiety link to Mental Health?

- Just “Anxious” or Generalised or Situational Anxiety Disorder?
 - Have feelings of anxiety that are strong or long lasting
 - Have disproportionate fears
 - Avoid situations which cause anxiety
 - Worry which is distressing and hard to control
 - Have regular symptoms of anxiety, including panic attacks



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Anxiety Behaviours

- Feeling tensed or nervous
- Sense of dread
- Feeling like you can not stop worrying
- Wanting reassurance
- Low mood and depression
- Thinking about bad experiences
- Feeling disconnected from mind or body



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What Anxiety Looks Like In Me...

- Overthinking
- Panic Attacks
- Needing reassurance
- Lack of Sleep

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Stress Vs. Burnout

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What is stress?

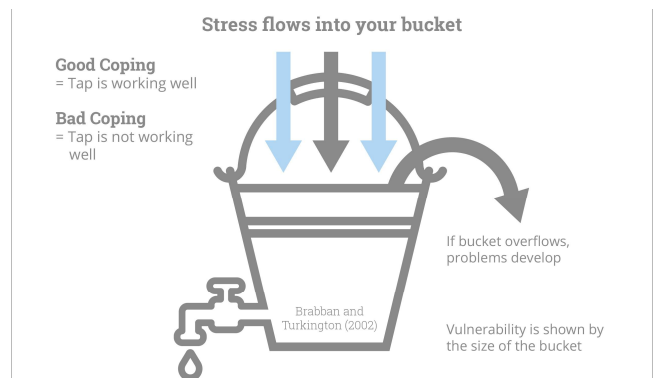
- The NHS has defined stress as the **“body’s reaction to feeling threatened or under pressure”**.
- Good and bad stress?
- Experiencing a lot of stress over a long period of time can also lead to a feeling of physical, mental and emotional exhaustion, often called burnout.
- 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.



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Stress Bucket

- Everyone has different stressors, and capacity to carry that stress can change.
- Imagine you carry a bucket with you which slowly fills up when you experience different types of stress



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What is causes you stress ?

It is important to understand what triggers you to stress and what makes you unhappy. Once you know what triggers you and why it triggers you, you will be able to deal with stress effectively.

What causes stress for me:	Why does it cause stress:

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Burnout

- The World Health Organisation has defined it as **“a syndrome resulting from chronic workplace stress that has not been successfully managed”**
- Mental Health UK have defined it as **“a state of physical and emotional exhaustion. It can occur when you experience long-term stress in your job, or when you have worked in a physically or emotionally draining role for a long time”**



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Stress Vs. Burnout

- **Stress** is a part of daily living, short-lived and usually resolves itself quickly.
- **Burnout** occurs when stress is ignored.
- Stress and burnout produce different effects and they need to be managed differently.
- Do you know your stressors? Behaviours?



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Question: What do you think are the risks of having stressed employees?

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Risk of Stressed Employees

- Inability to cope with the demands of the job.
- Lack of control over the work.
- Too little information and support.
- Poor working relationships.
- Poorly defined responsibilities.
- Repetitive or undemanding work.
- Fear of organizational change or job insecurity.



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What is your self care?

We cannot control the stress we face, but we can control the amount of energy we put into our selfcare which in turn helps us reduce the impact of stress. In order to understand how self care works, think of it as the following:

What makes me happy:	Why it makes me happy:

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Thriving At Life

Thriving at Life is an interactive well-being journal dedicated to helping you understand the importance of self-care, gratitude, sleep, healthy habits and much more!

Key sections of this journal are:

- The Power of Sleep/Sleep Diary
- The Science of Gratitude
- The Force of Habits
- Practicing Self-Care
- Daily Check In
- Full Body Check In
- Daily Journaling

It doesn't matter when you start journaling, this is perfect for first timers, or prolific journalers. The key is just getting started.



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Any questions?

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Thank you!



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