

## ***Battling Burnout in Leadership***

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### SYMPTOMS OF BURNOUT

Do you relate to any of these statements?

1. I feel tired even when I've gotten adequate sleep.
2. I feel sad for no apparent reason
3. I am forgetful
4. I am irritable and snap at people
5. I am withdrawn
6. I have trouble sleeping
7. I get sick a lot.
8. My attitude about many things is "why bother?"
9. I get into conflicts with others
10. My job performance is not up to par
11. I use alcohol to feel better.
12. Communicating with others is a strain
13. I can't concentrate like I once could
14. I am easily bored
15. I work hard but accomplish little
16. I feel frustrated
17. I don't like working with the people on my board
18. Social activities are draining

***Leadership situations that I find to be stressful, boring, trivial, meaningless, unsuccessful, unappreciated, or unrewarding:***

***How was I helped to transition into my office?***

***How will I help the President-elect and other new members transition onto the board?***

***What makes me feel helpless?***

*Preventing Job Burnout: Transforming Work Pressures Into Productivity,*  
by Beverly Potter

*Seven Paths to Successful Leadership:*

- *Managing Self.* The way you manage yourself has a direct impact on your motivation and satisfaction. Good self managers enjoy working because they get more done and give themselves more credit. They break big jobs down into smaller, manageable steps.
- *Managing Stress.* Stress is the fever of burnout. When a person is sick, reducing the fever will make them more comfortable, but it will not heal the sickness.
- *Building Social Support.* Social support acts as a buffer against stress and burnout. You can tolerate more stress when you have caring and supportive relationships.
- *Building Skills.* Each skill enlarges your horizons and personal power. Without the necessary skills to perform, it is difficult to win. Be sure that you are an effective time manager.
- *Tailoring the Job.* Often jobs are shaped more by the last person doing it than by the actual demands of the position
- *Thinking Powerfully.* YOU FEEL WHAT YOU THINK
- *Developing a Detached Concern.* There is a delicate balance between involvement and nonattachment.
  - Be yielding and/or flexible
  - Shift your viewpoint if necessary
  - Laugh...a lot!