



Hey FIERCE Mother,

Battling Burnout is a Continual Process

Back in April 2020, I burned out.

This was at the start of the Covid pandemic. I had a full-time demanding job and had just published my first book. In addition, I was hosting a podcast, where I did all the recording, editing, and producing.

I could not do it anymore.

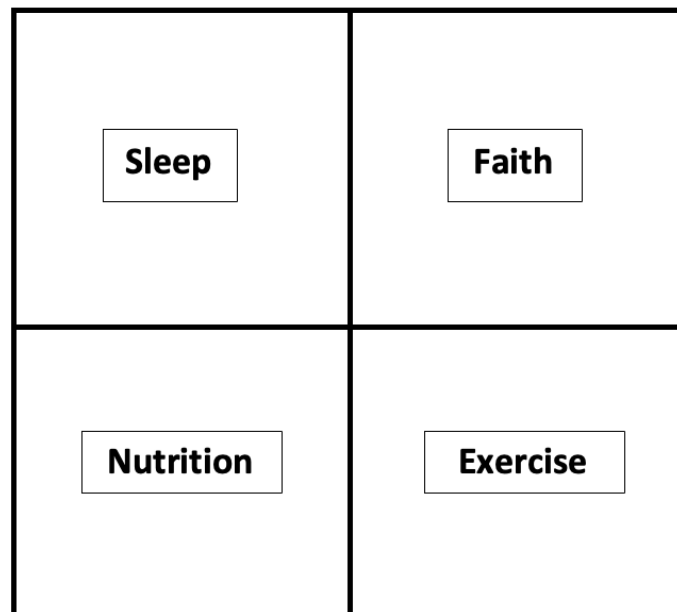
Have you ever approached the point where your brain hurts like it has been fried? Nothing is fun anymore. You feel like you cannot handle any more tasks. Even the most straightforward added task seems enormous.

Well, it could be that you are approaching burnout.

It is essential to recognize the early signs of burnout and to respond. Burnout is a long process to recover from, and we want to avoid allowing ourselves to reach that point.

Burnout only happens after a period. It is often a slow process that we must address before it gets to the point where we are burned out.

Here is a simple way to analyze whether I am maintaining balance. I look at the following four quadrants:



I then ask myself the following:

1. Am I getting enough sleep? What is the quality of my sleep like?
2. Do I feel disconnected from my faith? For me, I analyze my prayer life. Am I spending enough time in prayer and reflection?
3. Am I eating enough? Do I remember to eat instead of grabbing something quick that has little or no nutritional value? Am I eating the right foods to fuel my body?
4. How often am I moving my body? Am I getting outside to walk and get fresh air?

If I lack in any of these areas, it could signify that I am on the path to burnout.

So, what do I do?

1. I focus on one area at a time. I don't try to address all four quadrants all at once. For example, if my sleep hygiene needs attention, I try to focus on that area.
2. I break down that area of focus into smaller steps – For example, the goal could be to go to bed by 9:30 PM. I will start to prepare for bed an hour earlier. I shut off devices and turn off the TV. I turn off the lights in the bedroom to prepare myself for bed.

Focusing on one area at a time helps to keep me from becoming overwhelmed. Once I have taken care of a tiny step, I can move on to the next step.

It is important to note that the battle against burnout and being overwhelmed is continual. This issue is so important that we must keep checking in with ourselves. Burnout is gradual and can go unnoticed if I don't consciously try to monitor the signs.

Does this help?

I would love to hear from you. Let me know if you have any questions. You can reach me at ugochi@fiercemothers.com.

You are amazing! Stay FIERCE

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