

*Neely*

Everyone deserves a little couch-time.



# Burnout: How to Strive at Work and Home

Dr. Crystal McLeod

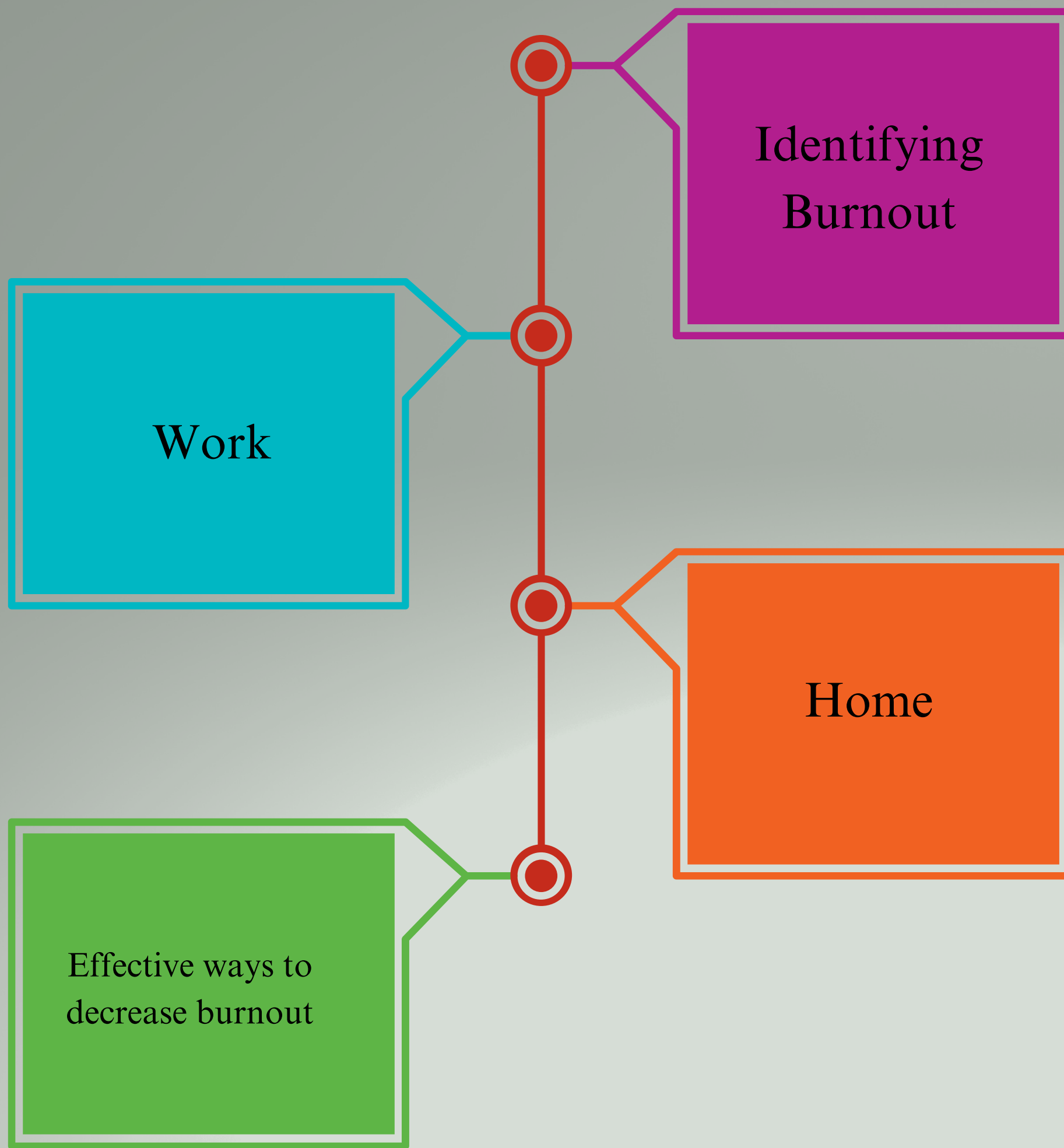


# *Owner Crystal McLeod and Associates*

Crystal McLeod and Associates is a Mental Wellness Consulting Agency that supports small businesses and individuals with their Mental Wellness needs through program development, training and individual therapy services.

## Experience

- Leadership & Clinical Trainer
- Mental Health Therapist
- 14 Years of leadership as an Active Duty Military officer

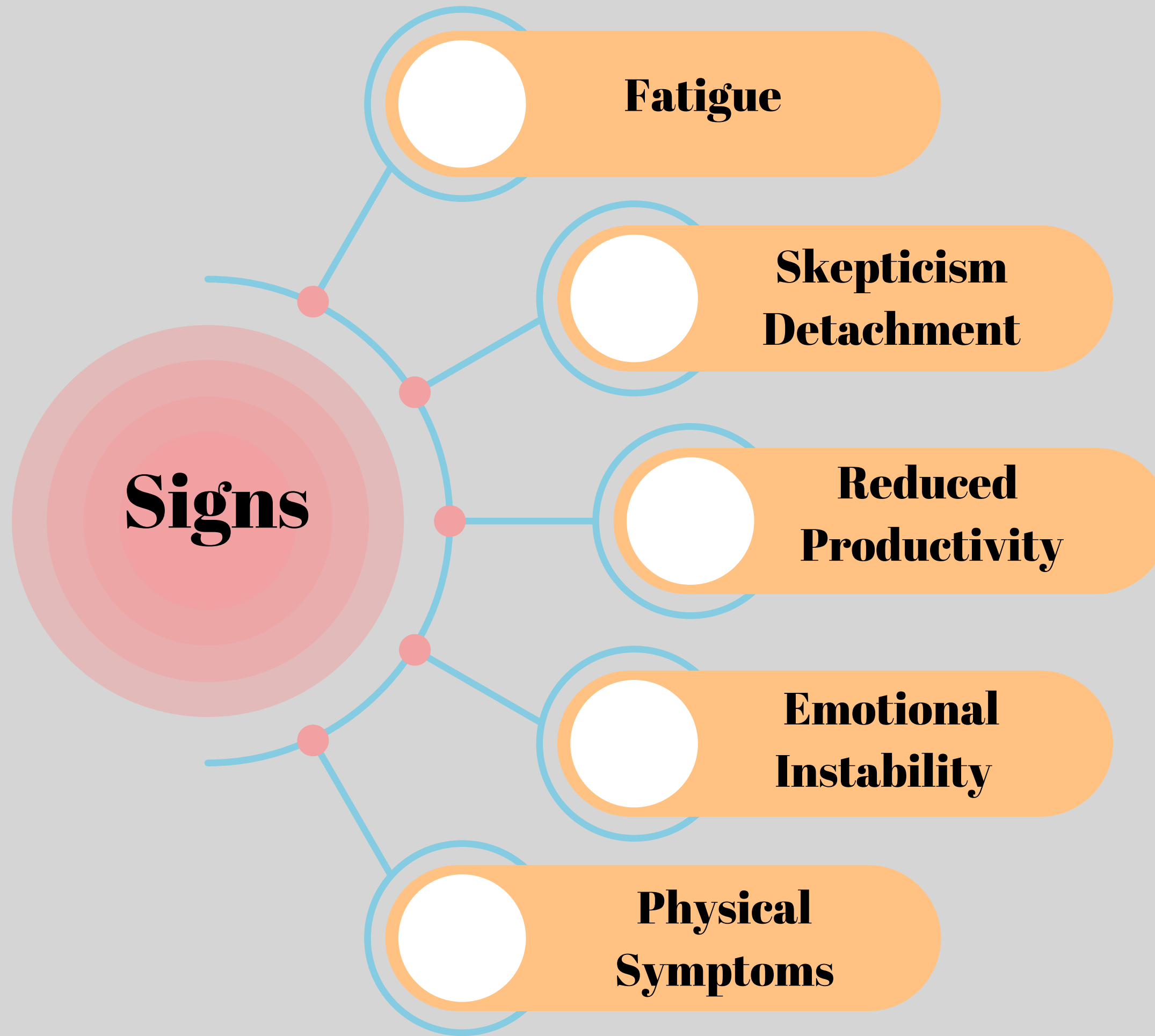


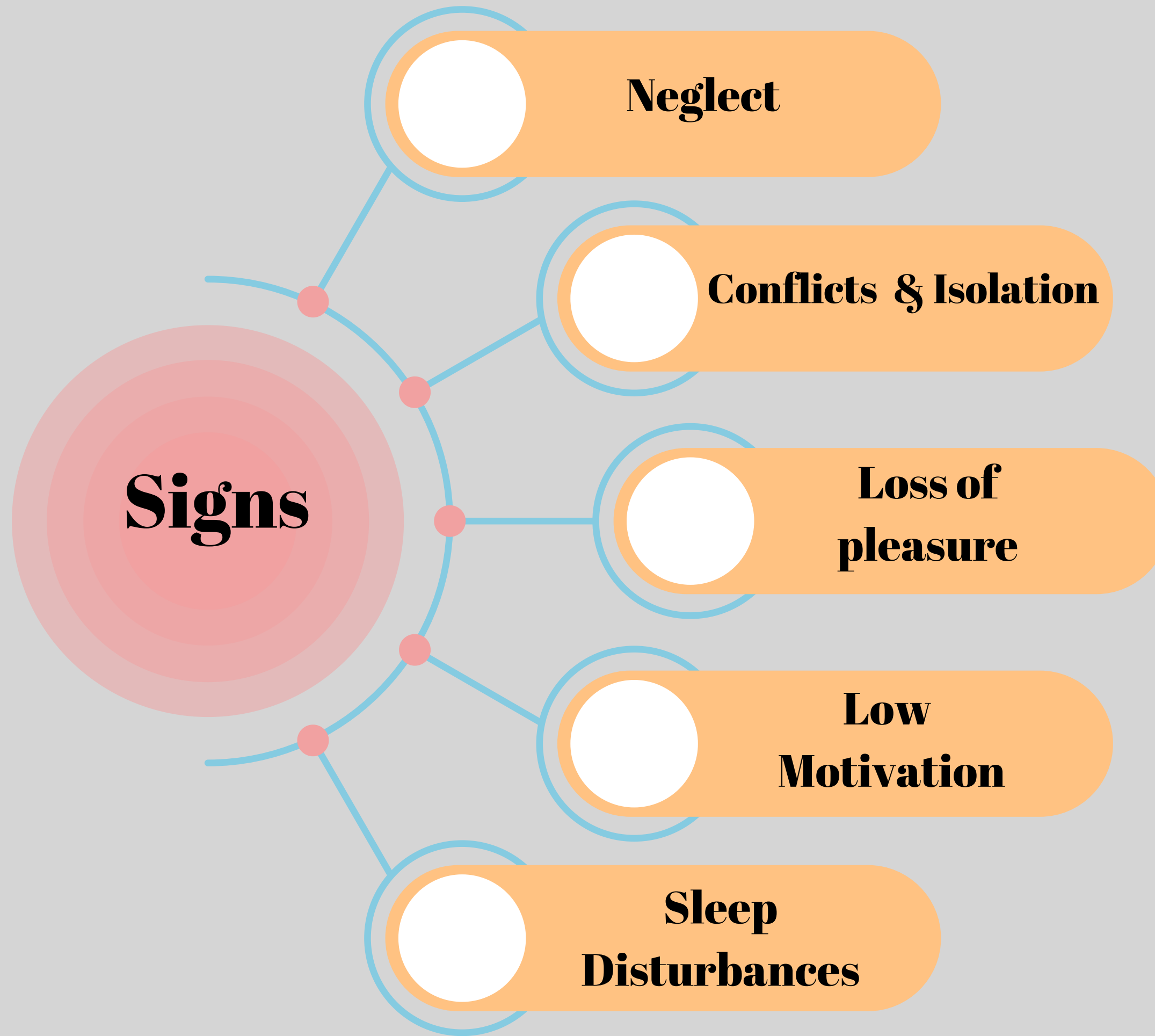
**What comes to mind when you  
think of the word  
"BURNOUT?"**



**Chronic stress that has not been  
"successfully"  
managed**







# Burnout at Work



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**Acknowledge IT!**

**Center YOU**

**Establish Boundaries**

**Seek Support**

**Take Breaks**



**Evaluate & Adjust**

**Stress Management**

**What is your Purpose?**

**Environment**

**TAKE PTO!**

# Burnout at Home



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**Supportive  
Environment**

**Boundary Setting**

**Disconnect from Tech**

**Nurture Relationships**

**Increase healthy habits**



**Social Support**

**Realistic Expectations**

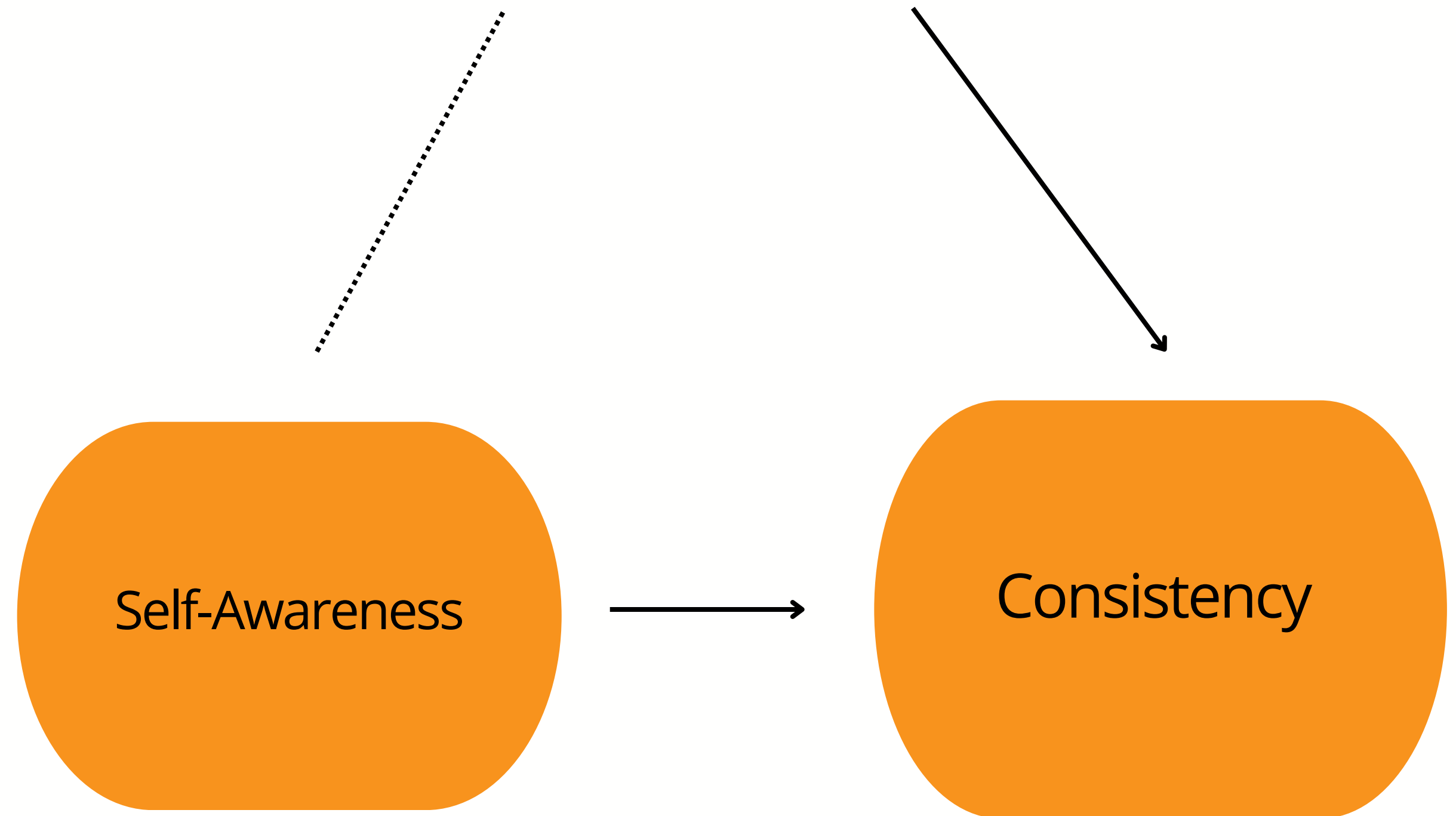
**Leisure Activities**

**Stress Management**

**Self-Care**



# Managing Burnout





- **Online:**

- [www.neelyeap.com](http://www.neelyeap.com) company page
- Live CONNECT
- iConnect You App
- Use your company code from benefits flyer

- **24/7 Hotline: 866-212-6096**

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# Access Your NEAP Benefits

## Aware: A MINDFULNESS PROGRAM



### FEATURES

- Six telephonic sessions with an Aware specialist who is trained in mindfulness
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide

The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

TOLL-FREE: 866-212-6096

