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# Boost Your Positive Mindset

*An Rx for Emotional Fatigue and Burnout*

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## Emotional Fatigue

- Feeling worn-out and drained from accumulated stress
- One of the signs of burnout
- You may feel powerless, stuck, or trapped

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## Symptoms of Emotional Fatigue

- headaches
- change in appetite
- nervousness
- difficulty concentrating
- irrational anger
- increased cynicism or pessimism
- sense of dread
- lack of motivation
- trouble sleeping
- irritability
- physical fatigue
- hopelessness
- absentmindedness
- apathy
- depression

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## *Solutions*

## for Addressing Emotional Fatigue and Burnout

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## Five Keys to *BOOMing* Resilience

1. Foundation
2. **Mindset**
3. Connection
4. Skills
5. Space

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## Connie's Story

Grotto Pizza®
the legendary taste®

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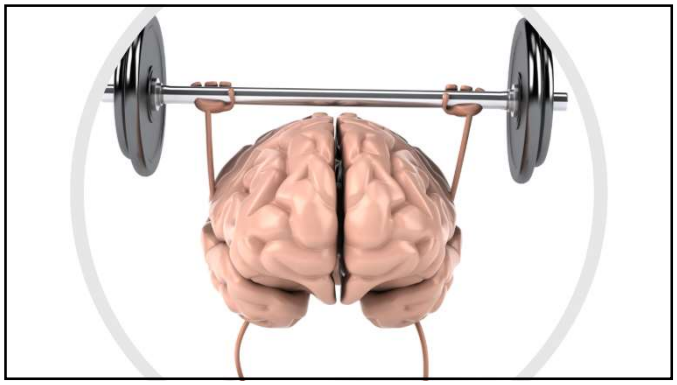

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Your Mindset

Your Foundational
Strong Body, Sharp Brain, and Endless Energy


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- Urgent vs. Important (Why isn't it urgent?)
- Weigh the Costs and Benefits
- Lower Your Expectations
- Take the Emotion Out of It


Strategies

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- Accept Ownership/Admit Priorities
- Anticipate and Strategize
- Find a common thread to stay on track


Strategies

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***Can you imagine what it would feel like if your mindset was a plus instead of a negative in your quest for health and happiness?***

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## Connie's Gems

*"It's perfect for the job!"*

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**SMALL CHANGES CAN DELIVER REAL RESULTS!**

Regardless of your age or current health status, there are simple actions you can take to improve your health, physical appearance, and energy level now ***and*** help yourself later.

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## Practical

- Learn from your mistakes
- Honor your personal limits
- Manage stress (tactical)
- Take a vacation
- Take time to unwind
- *Brainstorm!*

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## Connie's Gems

*"I was always a C+ student!"*

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## Lift Your Spirits

- Give a compliment
- Read or post affirmations
- Read something inspiring
- Practice deep breathing or visualization
- Journaling

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## Connie's Gems

*"Way to go!*

*You're awesome!"*

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## Buffer Yourself to Stay Strong

- Exercise
- Healthy Eating
- Sleep
- Relaxation rituals

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## Master Your Mindset

- The voice inside your head – is it nice to you?
- Reframing
- Manage your expectations
- Challenge vs. comfort

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## Changing Your Inner Dialogue

| From This | To This |
|---|---|
| I'm overwhelmed. | I'll take it step by step. |
| Here we go again. | This time things can be different. |
| This won't work. | I'll give it another try. |
| I should... | It's ok to say no. |

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*What you focus on grows.*

~Napolean Hill

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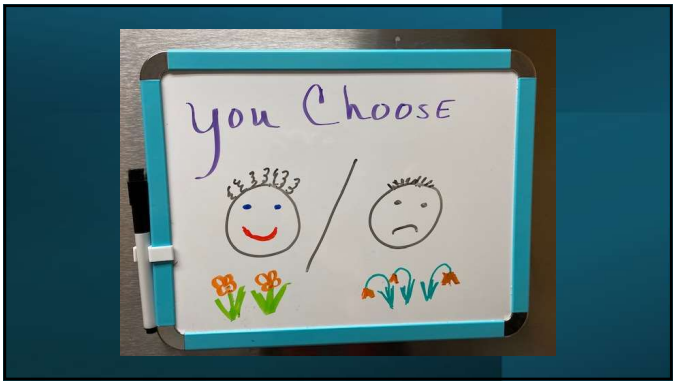


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## Connie's Gems

*"It's going to be a great day. Thank you, Jesus!"*

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"I wrote myself a letter Wednesday night. I put all of the stuff in there that I needed to do to dominate this tournament. Trust my training; trust my instincts. And they came through. It all came through."

*Kyle Snyder*
*youngest USA Olympic Gold Medal Wrestler (age 20)*

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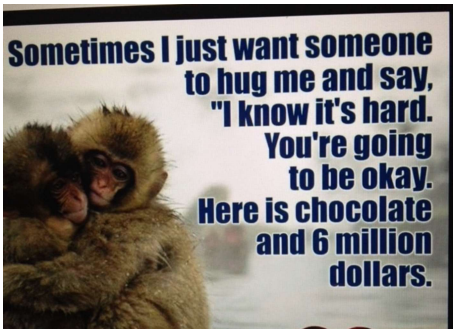


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"If you are uncomfortable — in deep pain, angry, yearning, confused — you don't have a problem, you have a life. Being human is not hard because you're doing it wrong, it's hard because you're doing it right. You will never change the fact that being human is hard, so you must change your idea that it was ever supposed to be easy."

– Glennon Doyle

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You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass.

Warren Buffett
@WarrenBuffettHQ

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Don't complicate life.
We won't be here forever.
Once this day is gone,
it's gone forever.
Your time is too valuable
to waste on nonsense

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*on particularly rough days when i'm sure i can't possibly endure, i like to remind myself that my track record for getting through bad days so far is 100% and that's pretty good*

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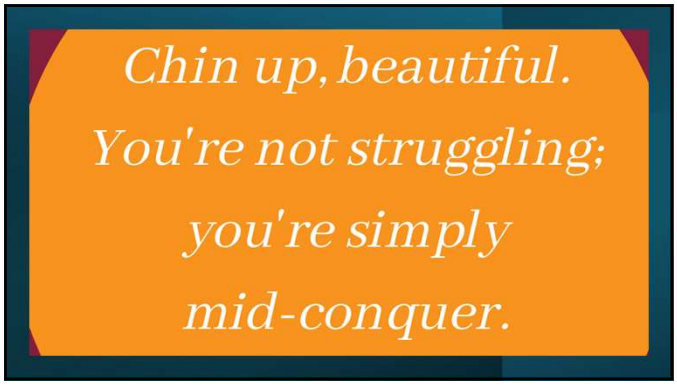


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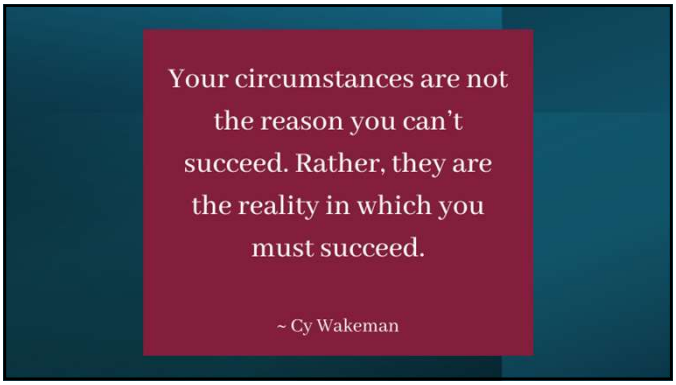


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You can't afford not to.

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*Successful people are those who make a habit of doing what unsuccessful people don't like to do.*

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## Make an Action Plan

| New Ideas to Try | SMART Goals | Support System | Commit |
|---|---|---|---|
| • What ideas, behaviors, or strategies do I want to try? | • Specific<br>• Measurable<br>• Attainable<br>• Realistic<br>• Time-bound | • Professional<br>• Friends<br>• Family<br>• Support group<br>• Books | • Put it on paper and the calendar |

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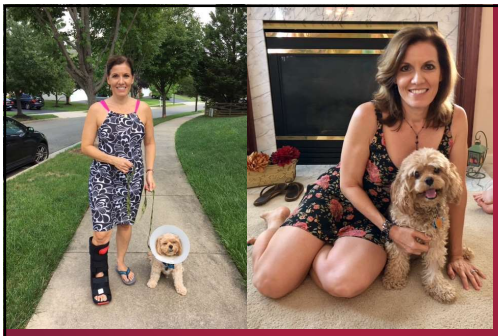

ONE YEAR

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## Can I ask...

***What are you waiting for?***

*(I'm serious!)*

***What's your action plan?***

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## The Apple Doesn't Fall Far from the Tree?

*Joy, Alzheimer's and the Power of being told "You're Awesome!"*

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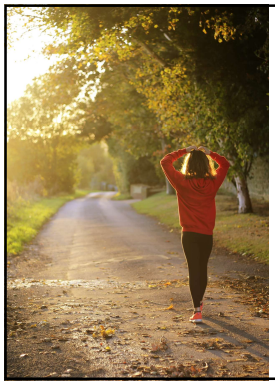

What are you going to do with your one, glorious life?

Everything starts and ends with your mind.

You have a choice to use your mind FOR you or AGAINST you.

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## Connie's Gems

*"Yahoo!"*

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## Free Downloads and Resources:

**cathyrichards.net/fsa**

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## Follow me on Social Media

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## Connect with me on Linked In

**CathyMRichards**

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## I'd love to come speak to your group!

Let's chat about your needs! For more information, contact Cathy Richards, Inspiring Vitality

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