

Burnout and Labels

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SUMMARY KEYWORDS

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Hello, hello. Hi, I'm Kim Rasmussen and you're listening or watching gladden your heart, a podcast blog video that lightens and lifts and helps you see that pursuing. A glad heart is just really about seeking a fresh perspective that will bring more connection with yourself with God and with the world. And I'm a little behind on this can follow me connection that I like to do. And today is really not going to be a connection to come follow me much at all. But more about President Nelson's talk he gave to the wiseass a few weeks ago, and he talked about labels. And so I want to talk a little bit about burnout when it comes to labels so what are some of your labels? I am a wife, a mom, a grandma, a daughter, a sister and aunt, a great aunt, a granddaughter. My grandmother is still alive. Isn't that amazing? A nice I'm a sister in law. I'm a daughter in law. I'm a cousin. I'm a I'm a mother in law too. I should mention that right? A cousin and niece. I'm a Christian. I'm a Texan. I'm a life coach. I'm a teacher. I'm a baker. I'm a tutor. I'm a mathematician. I'm a musician. i The could go on right. I am a Spanish speaker. Right? I could just keep going. What are we when we think about all of our labels? I'm a relief. Society president right? I'm ministering Sister sister. i i like the idea that these labels I don't know. I think we segment ourselves a little bit sometimes with all of our labels. But what I love when if you're thinking about your labels, right, what do we think about those labels? What response do we have inside of ourselves? When we hear these labels right? So I sometimes think, what would the mom me do in this situation? Or the Relief Society president? Me or the teacher me or the coach? Me or the friend? Me What would I do? Right? And when I'm when I say that, I mean the mom in me, right? Or the society president in me or the coach? in me? The daughter in me, right? The teacher in me, right? Sometimes I'll find myself in a Sunday school lesson and I just want to make a comment, and then I'll have this thought and it's just a very human tendency. My Oh, but here's a Relief Society president make sure that you're making a comment, you know, and I'm like, No, I'm just a person here in the ward learning just like everybody else, not trying to teach anything. I'm just having an experience, right, like everybody else. So I just think it's interesting, right? That sometimes these little things pop into our head and we're like, oh, but you're this. And so you need to do this, right? We have these expectations that we bring with us that kind of connect with our these labels that we that we have, right? So I I don't have to identify myself in the segmented ways I could just be myself and show up in myself in all my different responsibilities or in all my different labels is right. It's just really interesting. And so President Nelson, talked a little bit about this right. And he said, we have he suggests that we have three main labels, Child of God, child of the covenant, and disciple of Christ, and that if we pay attention to those three labels, all the other labels I think, take care of themselves. And

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in windy Nelson also mentioned like, what would a faithful young adult do? She was saying, asking that question, right. And so I think these are good questions. But I would also say that it depends on who we are right? When when I was on my mission, I am a perfectionist, right. And at that time, I was like, following all the rules, and then the mr. president would come out and say, we need to do more of this and more of this and more of this and I'm like, Okay, I gotta do more of this and more of this and more of this. And I was already doing all of the other things. And others would hear that and go, Okay, I'm gonna step it up, and it didn't cause them to stress out me. Like, I was like, how am i How can I do more? Like how can I do more? What more can I do? And I've burnt I really did burnout like I ended up coming home sick off my mission early, and no doctor could say why except my body broke down under the stress response that I created. And I just think this is so interesting, because we all are different. So when we hear something from the pulpit, or if we hear something in the talk, or we read something in the scriptures, or, or whatever, right, I would just say like, you're you and you get to decide what that means for you. And so when I talk today, a little bit about burnout. I hope that it is light. It lightens you up. I hope that you can feel like oh, I've been like making this so heavy all the time. And instead of like having a light joyful life, and still doing the things like I'm not saying don't do the things right, but we get to have a bit a different perspective around it. I just, I just think we see all the hundreds of things that we do we have on our list. Remember last time when I told you I was like thinking oh, there's so much to do. So many thoughts, right? I said, I said I have so many thoughts. And then I started writing them down. And it turned out not to be as much as I thought. And I would venture to say I would offer that that may be true.

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About your list of to dues every week when I write down my list. I just think I can never get all this done this week. There's no way that I go to my calendar and I put my two dues into my calendar. And I'm like, okay, I can I do have time, and I even have time for free time but honestly, I scheduled my free time first. I'm like I want to make sure and when I say free time, I mean that could be different for everybody. But like what I'm saying is I have my list of things I need to do around my house. I have my list of the things that I need to do. For my business. I have the list of things I need to do for my calling and I have things that I want to do in my scripture study, right? And so those are things I would not necessarily classify as free time. You can totally like do whatever you want. But I also put in like I want I'm I'm wanting I'm like crocheting some little washcloths that I just learned how to crochet right and so here's an example of right, something that I'm working on. So fun. And so I'm like, I take that I'm doing that while I'm watching a TV show or while I'm listening to a book and I call that free time. And it's and I'm I'm doing even though right I am doing it for somebody else, and you're gonna you know you're gonna laugh later when I talk about some things but I enjoy it and the me watching a show part. Like I like that. And I like that I'm crocheting like that. And it fills me up right going for a walk. I would call that free time but it's also taking care of myself, right? reading my scriptures even though I schedule it, I have a time for it. It still fills me up like we have to we need to schedule things for ourselves that fill us up and that free time cat could be that right spending time with my friends. Talking on the phone with my mom or my kids. My Grandma, I'm gonna call her tomorrow and just write in and consuming material that I love like listening to coaches. Like I just love it. I could binge watch that all day long. But it becomes it can become bright, a little bit lopsided in my in my schedule, but like these are things that I scheduled and the things that I schedule, right my list my to do's and it's just I'm just saying that in our head. All of

those things can seem so big and then when we go and put it on our calendar, we find it's not so big. And I'm going to talk much more about time in another podcast, but the idea is that's what we have to offer in our life in this life, right is our time and how we use that time in service, how we use it for ourselves and how do we how do we use it in in our roles, but in our labels, but it's it's how we show up? That matters in those moments, right? And that's kind of what I want to talk about here. So when we hear the word like a balanced life, I used to be so confused about that, because I thought it meant I have like I'm like, like the spokes of the wheel. Maybe some of you have seen this. And you have all of these things right that we do in our lives and all of these labels that we have and I need to be spending equal time. Right? In all of those.

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It's not about the time, right? It really isn't. It's about the priority that those things are and they're not separate things honestly like I feel like with my priority is I'm serving God. And I'm loving him and I'm worshiping Him. That's going to be in all of those areas. Right? As a mom, I'm going to be serving God as a wife. I'm going to be serving God as a daughter. I'm going to be serving out as a coach. I'm going to be serving God as a teacher. I'm serving God as a math tutor. And so we got like, I'm bringing that with me. I'm all of those things. And so that's what I love. Like I can do that in 100 different ways. serve God or surface children. And I'm still having joy. It's not like a to do list I'm not feeling stress over it. Right. So I we're not segmented. Right? And especially as women we don't men, maybe I'm not a man, I don't know. But sometimes I tend to compartmentalize to in my life. And when I do that I lose sight of myself. Because I'm not connected to what I'm doing. It's just like I'm doing a checklist of things. Right. And I think I've talked a little bit about this before, too. That's what led leads me to burnout. I have the checklist of all the things and I'm like, oh, there's so much I remember as a teacher I burned out I remember, as a mom like with the little kids I burned out and then I as a mom with a teenager and Luke gets burned out and it was like I was just doing all the things but I wasn't connected to them at all. And I just I love this idea that

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we can prevent burnout in that way being connected to ourselves the whole time.

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So when I what I used to do is and you heard me tell you what I do. What I used to do is do all the things on my list and then with whatever time was left over, I would do what I want it and it might not even be the thing that would really fill me it was just like, Finally, and then I retired and I didn't even have the energy to do anything that I wanted to do. Right so it turned into I can fetch, I could just like turn on a show and chill. Which fine right? But really wasn't what would fill me was the thing that I wanted to do want to read a book. I was too tired by the end of the night, right to read a book. I was falling asleep. And so I remember learning here and there I had pockets of time before I knew this work where I would okay I'm gonna read 50 minutes on the read. My daughter is really good about this. She's got an 18 month old and she does she reads for fun. And she does all the other things too. She bakes for fun and she does all the other things too. And she does that because she knows that she needs it like she's a lot wiser, wiser. than I was at that age. And I know that the things I did I enjoyed doing don't get me wrong, but I wasn't replenish myself all along the way. And so it got to the point where I couldn't sustain it wasn't sustainable anymore. And so, we get let me give you some examples.

Like I would work on my hobbies. Like I love doing needlework. This is a new thing for me learning how to crochet but I liked cross stitching I was learning how to piece things together and applicate them but I would only do it if I was giving it away. I felt like okay, I'm gonna learn how to do this because I'm making this for my sister in law to hang in her home. What a fun thing to learn but I'm giving it to her. And the things I would learn to do it or maybe I would make something and put it in my home but it generally right at a lot of things I did do I take that back because I learned how to sew because I wanted the result of having a slipcover for my couches because they were ugly and I couldn't afford to buy a new one. And so I would write and I learned how to do these things from that place, which is okay, but maybe not. I don't know. I think I burned myself out a little bit with that mentality. I wouldn't hang out with my friends unless I was really doing something productive. I remember getting together with friends and I would have my photos with me and I'd be organizing them we'd be spending time together. I could just spend time with my friends. I don't need to be doing something right. But that's what my mindset kind of was. And I even picked that up from a friend of mine because I was like, Oh good. That's a great idea. I'm gonna do that. I'm gonna bring stuff. It's just so funny what we do. I wouldn't play the piano for fun. I play the piano, too. If I had to do something in church or I wouldn't sing for fun unless I was asked to sing at church. What? Like I can just do it for fun. Now. I do now I'll go down and I'll just play the piano for fun. I'm like, Oh, I'm gonna pull up some greatest showmen music from my subscription to Scribd, which I just love. And I'm going to play for fun and I'm going to sing for fun and I'm just going to it's fun. I just love it. And otherwise, I didn't do it unless there was time leftover. Right, spoiler alert. No time, left over. Right like I just said I was exhausted by the end of the day. I went to bed to fill my tank just a little bit so that I could do the rest of the stuff I needed to do. And then this there's this other side of it right? During the day. I didn't want to be interrupted with a phone call or a visit or an assignment like those things would hang over my head because I'd rather to be doing this other thing. And so even if I did take time to do something I enjoyed in my head I was like no, but I have all this other stuff I'm supposed to be doing instead I'm in charge of the road show why am I not working on that and just said I'm making a Roman what were they called roman shade for my kitchen. Right because I didn't have anything blocking the light from coming in. So funny right and again, bringing the thoughts together the emotions like I wasn't I'm a hot mess I am. But I wasn't as aware right of that. It's okay to be a hot mess. I didn't know that then. So I didn't want to be interrupted. And so bad. Somebody would call and I'd be like, Ah, let me how long do I have to keep talking? And then I would find myself during the conversation. And then I'm like, I'm gonna have so much to do and it would it would just feel and then I would even think Oh, but they don't want to talk to me this long it. I just have all this chatter. Right. And I'm sure some of you were late. I

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hope you do. I know I'm not the only one that goes through this right. And so I it was robbing me right of things. Just a funny thing. And fortunately for me, like I always have felt like studying the Scriptures was a positive thing because it was something we've been asked to do. So I didn't I didn't feel guilty doing that because it really was and I was not doing it. Just check a box to be honest. That is one thing. I'm grateful for that I have learned from like that was my sanity. That was my moment of journaling of writing down my thoughts. Looking at the scriptures looking for answers to my mess of life, that it felt like at its time because I just felt like I was doing everything for everybody else and nothing for myself. Again, that was my own problem. That was my own thoughts saying that to me, but I am grateful for that that did learn to do and I didn't feel guilty doing it. And I loved it. Right. And that would be honestly

what I would do in the summers when my kids were home and I'd be like, Okay, you're watching a movie. I'm gonna go outside. And I'm going to read the scriptures. And I'm going to journal and I'm going to think and I'm going to write and all the things I would process and I would just do it like I'm so proud of myself for doing that. And I think that past version of myself so often, but when I would forget to do that, that is when the burnout came in, that is when I was just like, burned out right and I would not write when I wasn't taking that time in the scriptures for myself, because that really was probably my full time. I would burn out I would feel like I'm too busy once I started teaching school like I didn't have that time to do that. And I felt myself burning out I didn't I didn't make the time for myself to do that. And the reason that leads to burnout. Let me just clarify like what I perceive burnout to mean is we're not feeling our emotional resilience takes. Now, I went to therapy for a while and my therapist would tell me this, you need to fill your tank and I'm like, I have no idea what you mean. By that. Like I did not know, but I was too proud to actually say what I'm like, I don't know what that means. And I understand it now like I was you wouldn't say it like that like emotional resilience who would just say your tank, but this makes sense. To me like my emotional resilience think like I wasn't allowing myself to feel I wasn't allowing myself I wasn't even acknowledging that I was in stress. I was just go Got it has to get done. It just has to get done. I was like treating myself like a robot. And that's where the burnout came from. But when we are not filling the emotional resilience tank, and we keep draining it and draining and draining it until nothing's left, we burn out. When it's kind of the idea of the straw that breaks the camel's back, right? We're doing all the things and then that one thing happens that's so small. It breaks us, right? We're just lashing out maybe or whatever, whatever it is that we react. We're strong until we're not right, we're strong until we're empty. So I think of a car right totally makes sense. Like we fill it up with gas we watch the level of the gas and we make sure it doesn't go into the area the light turns on and we end up stranded on the highway right we we fill it up and I we don't think well I'll take time to the car after I've done all of the other errands I need to do and after. I've done everything that'll fill it up. Right we don't do that. Because we know the tank is gonna be empty at that point. But we do it in our lives. Right we we don't think of the things that we enjoy what brings us joy. We don't put ourselves first, right? We it's a whole oxygen like oxygen to yourself and then you give it to your there's still I still know people that struggle with that. They're like, why would I do that? I need to give it to them first. You know, it's it's like if you are out of oxygen, how are you going to help them? Right if you are a low emotional reserves, how are you going to be there emotionally for your family?

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Right. And so it's interesting and here's the other thing, which I think is actually appropriate. This is your 2022 We're in June. And gas prices are where I live. They're like even at Sam's like 479 a gallon. Right? So if you're filling up your tank with gas that is that expensive. You might be careful about how you're using that precious resource. Right. And we could do that too, right? I mean, I think of like how when I'm driving around and prioritizing my errands, maybe I'm not sitting in the parking lot with the car running talking on the phone, although I did do that the other day and I got a blessing out of it to be honest. I'll tell you about that if I have a chance sometime but I we were really careful. Like we're like cluster or errands together right so that we're not just going back and forth, back and forth, back and forth. Right? And might be a little more strategic. I think that's a great thing we can do in our lives with our emotional resilience to like how we use our energy to do the different things we have. We might learn to conserve our emotional resilience also. So when I think of all the different times I've had burnout, like I've mentioned, different times different burnout, same brain. Same way of thinking, right is

what led me to the burnout. Although I was blaming it right on everything else, all the other people so we have a different stress response to things that come up in our lives. And that's what leads to burnout because our emotional resilience is tied to the stress responses that we have, right? And we're going to feel them differently depending on our nervous system and even in depending on the time or the thing, right? I have different responses in different moments. We might have a freeze response right where you just feel paralyzed. I have this so often. And it's like, I start I start stressing out before a big like a talk, let's say right, and I'm like oh anxious and then all of a sudden, like my brain. I don't even know where my brain goes to focus, but it's not on the talk. It's on the fact that I'm in stress response. And I can't think clearly I'm sure you've had this happen to you. And I just like stressing like when we're in an anxiety that happens right we have this parallel. Well, maybe that's what happens. I've been this freeze response that leads to to anxiety because I'm like stuck, right? And I'm like, we might be in a flight response right where we just want to run away from it and we our heartbeat raises and we and that can also lead to another kind of anxiety right? Because just like how I get the situation and then there's the fight response, which I typically fall into. of lashing out I'm irritable. I whatever. Or maybe numbing that could be part of the freeze response and just none out right? It's like too much shut down. Right and maybe that's why my thoughts aren't going away. So I made a freeze in the numbing is the same thing. I honestly don't know I'm just telling you things that I've experienced and different responses that I've had to burnout. And it's going to vary. We're all going to have different responses and we're all going to have different low levels of our emotional resilience tank, right. We just don't want it to get to the point that we are stranded on the highway. Everyone else is going past 70 miles an hour and we don't know we can't we don't know how to get out right. We will hit that wall. I have hit that wall so many times and physically got to the point where like I said I came on my mission early. I didn't I still finished out my mission at home I was reassigned to serve in my home mission. And but but I had to recoup like I had it to replenish it took me six weeks or more to build up to where I could physically get back on track. Emotionally it was still taking a while

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right this happened to me too when I quit teaching. So I got to such a point of burnout that my body just stopped literally stopped working. I could not get out of bed and it's it's a scary thing. Right? And I didn't know that I created this for myself. I didn't know. So we we have things that are easy in our lives. We have things that are hard I'm talking about when you get to that point, when your emotional response to the things just takes over. Right? And so this burnout is the combination of our thought process and our emotions and we think a certain way and then they impact us impact our nervous system in a certain way. Right. And when we have these we can encounter this stress response. What we do with that stress response is what what we do or don't do right is what leads to burnout. So it's helpful to be aware, when you are feeling this do different things because then you know you need to replenish re store the balance right of those emotions and feel the emotion so this is the key, right are those negative emotions. They're signaling to us that we need to pay attention. And we just are like no, go away. I don't have time for stress. I need to keep going. Okay, you absolutely need to make the time to process your emotions. Otherwise you are going to be running out later. I had a friend who I had pneumonia as a result of a burnout by the way. And she was talking about her husband saying he didn't have time to get the vaccine. He was older. He didn't have time to get the vaccine for pneumonia. And she was like you don't have time not to but and so he didn't and then he ended up sick. Right. And so that took a longer amount of time than taking the time taken for the for pneumonia. So it's just

interesting, right because we think we don't have time but really, we need we do. We do have time. It's either this amount of time or we're going to give 10 Totally right this huge amount of time or huge amount of energy, right? So it's helpful to be aware when you find these emotional distress responses popping up because we all have them. We all have stress responses. It's what we do with them that is going to and what we think about things that leads to that old Summit, or now. We think it's our kids. We think it's our boss. We think it's our calendar, our list of things we think it's our calling our job. What's happening in and around the world around us the gas prices, political environment, the all of it right. We think that is what's causing us to feel burnout right? Our brain perceives danger and reacts to it. Okay, so I think of like my grandkids, because a lot of times people use the analogy of like caveman brain or whatever, and that's fine. But I think of my grandkids, right, they're just little kids 18 months old, 15 14 15 months old. And they are really, they they're at the mercy of that lower part of their brain that is keeping them alive. Obviously they have parents that are keeping them alive, too. But they signal to their parents. I need right I need I need and so they scream, right? They don't they don't have the especially when they're babies. They don't have the flight response that lets them get up and run. But they have the fight response. It's like Scream, right? I need this my body right and they in their body just their brain is reacting to these perceived dangers of hunger, a thirst of being alone abandonment, right, these things there. Maybe they are not in danger, but their brain perceives it that way. Right. And that comes up they don't know they're learning they initially know how to override that lower brain mentality of keeping them alive, right. And so I just I like that idea. And so we are wired in such a way that when we're sleeping when we're talking when we are having perceived dangers, our brain reacts. It releases those hormones, that speeds up our heart that tunnels our vision slows down our digestion that dulls the pain so that we can run and keep running. Right?

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When we don't have it, we're not in danger. We are not in danger. But we'll see things in the news and our brains don't understand that that's not happening here. It perceives the danger and it releases the hormones and we have the reaction. So it's good to know, right? That that's what's happening and that you can step in with your conscious brain and say we're not in danger. This isn't happening to me now. It may not ever happen to me, it's happening somewhere else. Or we think it's our fault, right? We tend to do all of that stuff in our brain is just that's just our brain doing what it does to keep the human alive. But we we get to little spots, acknowledge the response and I'm going to talk more about that in future videos. But just knowing is a stress response is creating this I feel like just as I'm talking to you, right? I'm like, Oh, this stuff happening in the world. I feel my heart racing and it's like I'm not experiencing I'm not in danger right now. Right? But then my brain is like, but you could be it could happen. We need to stress about this and we need to run and we need to write to the person I kicking in saying what I could do and react in response to this from a planning page. Right? It's just responding. And then with a heartbeat goes up and then we start having it and then we start having the stress and the and it's just happening because of our brain. We do it those chemicals are in our system, okay. It's not bad. It's not good. It's just happening. Okay. We get to learn how to manage it. Okay, we get to feel it. We can take a deep breath. I used to do this with my kids all the time when they were little went take a deep breath. Here's some water. Let's calm the system down a little bit. Let's let that soak up to you so that I can talk to you. Have you tried to reason with the kid had a temper tantrum? It doesn't work, right? We let them calm down. Don't get mad at them about it. I did. I got mad at him about it. But I when I learned I can't deal with them when they're in that they're in their stress response. We need to get them out of that. Let

it complete its cycle. Be the Same for us. We don't know. Right? We don't we tell ourselves that you know that. We let this the stress response come up for things when we're not in danger. And we allow it to stress us out and we judge ourselves for it. So we compound it. And we tell ourselves No, you need to stop like you were you'd still need to keep going. You still need to whatever, even though we're waiting. Let me just get myself aware that I'm not in a stress response to Jordan right now. So that I actually can do the work I need to do I do this. Mostly an email right from when I was teaching I would see email from parents certain parents I'd be just like right and I would be all over be ready to read that email just like haha, you know, and, and would it it was unnecessary. I could have just said oh, let's just see to be curious. Let me see what this email is about. Before I get all up in the stress response business, right? But it's just just being aware, right? I'm just saying, I'm not solving all the burnout problems for you right here now. Just being aware that the stress response from something outside of us other than from something inside of us also. So we pick up things, right beliefs, like like going back to our label, right? We have in our heads expectations and what these labels are. I used to do this when I first got married is like oh, a good wife does all these things and shirts, does all the laundry cooks the meals, like all that right? And I did it. So I wasn't always that great at it and some of the stuff I would drop because I think it was like I was in a little bit of resentment like why am I doing all this? You know? And anyway, it's a whole other thing but we have these expectations how many of those expectations do I want to hang on to? Like, how many of those beliefs do I want to hang on to why? Why not question myself and this is what my guide, my burnout guide will help you do. Like you get to decide like I'm not telling you yes or no you shouldn't do those things. A good wife doesn't have to do this. That's not what I'm saying. What I'm saying is that we get to decide, right? We don't have to follow society's rules that we've picked up but it's gonna be different from all of us. Right? Difference.

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There's different rules for different folders. Reason right that we've picked up, and we get to question them thing, but when we when we act on those internal beliefs. We burn ourselves out. That's what I was doing. I was having all these things. I didn't I don't have to is not a thing. I didn't have to I was the one writing the manual and following it at the same time. And I could have edited stuff out along the way. But I know that I could do that. I'm here to tell you you can write you get to decide what part of the manual that you are writing for yourself. Right Do you want to keep doing? And so we create a stress response because we're not keeping up with the things that we want to believe. And so we become the source of this response. That's awesome. And we can't run away from from that feeling. Right? Yes. danger in that point, like our thoughts. We don't know what's our thoughts? We just know that there's a chemical reaction happening. And we need to do more. And we think doing more is going to get rid of the response. Yeah, when in fact it doesn't. Or we might even to the opposite, right where we do nothing. rejected some perfectionist. I was like, I'm not gonna be able to do it, right. I'm just not gonna do it. Right. And so we buffer we distract ourselves with Facebook, or Netflix or alcohol or drugs where it's I've talked about this before we go into these different activities that numb us, right? The numbing thing I told you that I tend to do when I would get to that point is like I've done everything and now numb. Right? And I'm not even doing anything to replenish, I'm just numb. So we answer the stress response in those ways. Right? We answer it by doing more be answered by reacting to it. We react we we do the requests we say yes, yes. Yes, we people please. And it doesn't stop the stress response. It just creates more stress response right? And we compound then it's in our body and we don't allow it to run through the body like just to complete the cycle of going through us and that's what I mean when I

say allow an emotion or process an emotion. We need to let it go through us and complete the cycle. It doesn't mean it's not going to come back up again. It will but we just acknowledge it. We allow it we don't resist it. We don't fight it and we don't act on it, react to it and act on it. We just do. Let it go through us. It's like it could be this low buzz right the stress response might be this low buzz Yeah. And then we perceive that buzz as a danger, too. And so then we up level that buzz to like a shock. Like it's it's like a lightning strike like we take it all the way it's just off the charts. And then we shame on it because we're shaming ourselves over it and we're in we're judging ourselves. And it's like when we recognize it like it's a human. We have this human reaction of a stress response. Okay. How human of me. I have a human brain. This is what human brains do. And I don't have to drain my resiliency, because I don't know how to manage that response. That's where burnout comes from. We also might have little subtle triggers. That subtle, subtle self talk that will trigger the initial self, this initial stress response to other than an external sometimes it's an external thing, right? Like I said, an email or a person. That is a circumstance around us, too. And we get all like, Oh, I gotta do this and do that to make sure they're happy, right? We have all of that. But it's because of our internal talk that the external is a problem. Okay, so we have this internal subtle talk that triggers it like I'm so behind, I have so many emails. I'm never gonna get this done on time. I should be more organized. I'm such a procrastinator, right? And you get better at this, like these things. These types of self talk, also trigger yourself as a stress response. We're doing it and then we judge ourselves for the stress responses again, whatever the reason is, that drains that will drain our emotional resilience tank. So I just wanted you just to kind of be aware of what burnout is a little bit very little bit about where it comes from, and how we make it a double whammy. Like we get the stress response whammy. Then we judge the stress response and it's a double whammy, triple whammy quadruple ramming

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whatever Googleplex, times RAM, right whatever you want to say. Honestly, we just exponentially increase the stress response. There's an appetite coming. I know. So, all of this is draining our emotional resilience and then we're burnt out. Okay. So I don't want you hearing this and going I'm doing the best I can it's not my fault. I'm not saying it's your fault, right? I am not. What I'm saying is that recognize that you're having a stress response. And you get to allow the stress response. And you don't have to judge yourself because of the stress response. Right? And we, we want to flee from you, too. We have the anxiety over it we have and listen, if you've been doing this for a long time, you've been doing it a long time you your brain is like yep, that's what we do. I have a stress response to get stressed about the stress. And then I get stressed about the stress that I'm having because of the stress response. And I keep going and I push through and I'm like, do you remember when I talked about anti fragile?

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Yeah, if you find that podcast, I don't remember which one it was. Second one, maybe.

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We are meant to struggle to judge ourselves for it. We don't have to stress out over it. Right. We just get to feel the emotions. And we don't have to judge ourselves. For them. We get to have all of the emotions. That's what I want to say gladden your heart, right? We want to feel sad. About things want to feel stress is going to happen. We don't want to feel it, but we need to feel it. Right. We don't want to

feel sadness, but we want to be sad we because we love people around us that are suffering so we feel sad, right? We want that we don't need to resist it. And we're gonna feel stress. We allow it. Right? We allow it to flow through us. Thank you brain job. There's no danger here. And we're just gonna allow it to go through it. Okay, and we continue to notice the thoughts that we have going on in our background that are creating this like, I don't know, I kind of think of it just like this. It's like this background of chatter that's going on that we keep listening to. It's like yeah, I'm not good enough. I'm not doing enough. I do this. I'll do this, right. We're a good mom does this I need to do this and we are listening and answering that chatter. when really we can be like, yeah, no. Good moms also do this. I'm a good mom. And I make mistakes, right? I'm a good mom and I don't do all the things or I'm a good wife. And I don't drop everything to do this. I'm a good Relief Society president and I answer every request right away. Right. I just want to say, and we don't have to have the stress response all the time about those things and we learn to dial that down and train ourselves to like, look at those stress responses. As not as threats. But as hey, here's a chance to remember that I'm thinking differently about that now. Thank you. Stress reminded me that was a good thing. I don't think that anymore. Right? What is or there's the email from the parent. That's okay. I'm just going to read it. We're going to hold space like I talked about last week, right? We just get to hold space. They showed up. I show up. Let's just see how this is gonna go right. Instead of creating the stress results. Oh my god, she's gonna be unhappy with me. She's right, right. So I love yes work because we are in charge of our human brain. Our human brains offer things how humans have it to do that. And then how human of us to be like, hey, I can do both. I'm going to be met. I'm going to make the mistakes and I'm gonna love myself anyway. Right? Right. So there I go judging myself again. That's okay. That's what a human does. Right? We don't have to solve for it. We'll be right. So when you go back to the label, so we were talking about, I am a child of God, I am a child of the covenant. I am a disciple of Christ. Right. I can bring that with me everywhere I go. And when my human brain pops up and tries to say, but Charles, you're not, no, you're not worthy to be called. You can't call yourself that. Right? You're not worthy to data data, right? You don't have value. You do it right, that that part of our brain pops up all the time. And I don't know what it's protecting us from it's you know, we think, Oh, if I think I'm valuable, or at worse, I'm going to quit try, right. That's the brain. That's those are some of those sneaky thoughts, right that our brain pops up. And it's like, Nope, you got to keep going. It's like whatever. We're like, I could talk to my brain and just say, No, I am a child of God. I do have words it doesn't mean I'm just gonna sit here do nothing. I'm gonna still do stuff. Okay, great. Let's go. And that's okay. Stress. Thank you brain, right. How human if we allow it, feel it right. And just trust that your brain how my brain is just trying to protect me from a need of danger. That is not really there. And I just get to say, hey, guess what, that's gonna work out here. Right? And it's gonna be for everybody. I'm kind of talking from my face, also a little bit from what I have seen in my clients, right? Worrying ahead of time feels productive, but it creates stress unnecessarily. Right? And then that drains our emotional resilience and then we're taken out right, we're running on empty. So your idea of hearing the phrase I'm a child of God could mean something totally different to you than it does to the next person. At label my courage was response for you. Well, we have a wall totally for

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human. Right. You get to feel it. Look at the thought. Is it useful, whatever that is meaning to you like I can help you. Why? Why does it create that response?

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What are you making that mean? And you're gonna get to see some of those things in your brain

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that are bringing burnout right? A light up, light you up, right? It's Let's lighten up. Write our lives. Let's have light, let's be a light. And if you aren't, how can you be a light if you're, you're taking down your own light, right? If you're burning yourself out, right? All of those things. So gladden your heart how human Have you have compassion for yourself? And as you're seeking a fresh perspective, that will contribute to yourself to God and to the world. That's what we call having a glass. I will see you next time at gladden your heart and I hope that you'll click the link that I have down there for my burnout guide my lighten up for burnout guide which I have talked about a little bit already in this in this video that is written for you. If you are burning out while trying to live up to some idea or some label this guide is free I hope to see you next time. Bye