

THE HEALING HIVE THERAPY CO.

Beyond the Counter:

From

Burnout to

Balance

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Land Acknowledgement

I honour and acknowledge that I am situated on Treaty 7 territory, the traditional lands of the Stoney Nakoda peoples of the Chiniki, Bearspaw and Wesley Bands, the Tsuut'ina, the Nitsitapi (Blackfoot) peoples of Siksika, Piikani and Kainai Band. I also respectfully acknowledge that I am on the homelands of the Métis Nation within Region III. It is important for me to continue to learn and unlearn ways to decolonize my practice. With gratitude and reciprocity.



Calgary, Alberta,
Canada

Disclosure

I have no current or past relationships with commercial entities and have received a speaker's fee from PTSA for this learning activity.



Learning Objectives

1. Identify key signs and symptoms of burnout and disconnection, including emotional, physical, and behavioural indicators.
1. Comprehend the role of the nervous system in burnout, including how chronic stress impacts regulation, resilience, and functioning.
1. Recognize practical tools to support nervous system reconnection and learn when and how to seek support to move from burnout to balance.



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Who am I?





**HIGH PRESSURE
HIGH
RESPONSIBILITY**

with little recognition

+ limited systemic support

Normalizing the *invisible load*

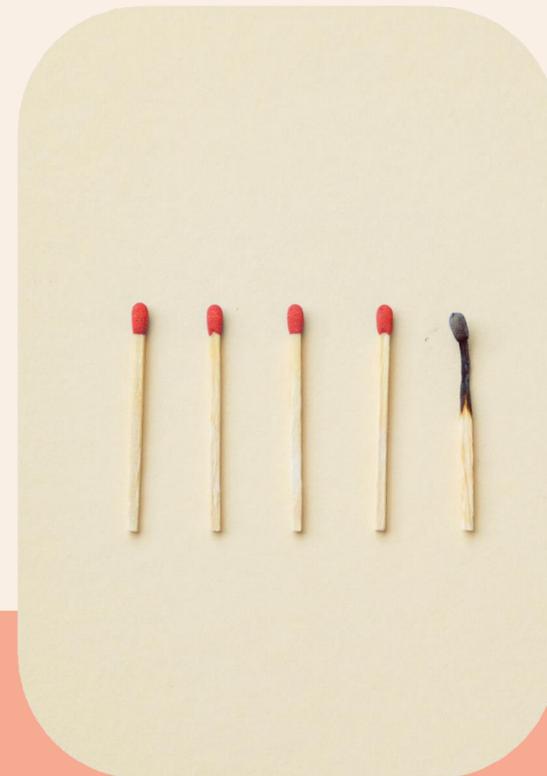
- Constant mental load + multi-
- tasking Underappreciation + being
- overlooked High volume + tight
- deadlines
- Limited emotional support +
- isolation Exposure to difficult
- situations Systemic burnout
- Guilt for taking time off
- Lack of mental health resources Compassion fatigue

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Burnout isn't just "*being tired.*" It's **emotional, mental, and physical depletion** that builds slowly *over time.*

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BURNOUT



STRESS

Signs you have **burnout** could be attributed to *stress, depression or anxiety* and as such could go **unnoticed** and **unaddressed**.

SYMPTOMS



PHYSICAL



EMOTIONAL



BEHAVIOURAL



A noteworthy few:

Feeling tired or exhausted most of the time

Muscle or joint pain

Procrastinating

Feeling overwhelmed

Decreased motivation

Isolation

Loss of interest and enjoyment

Irritability

Difficulty concentrating

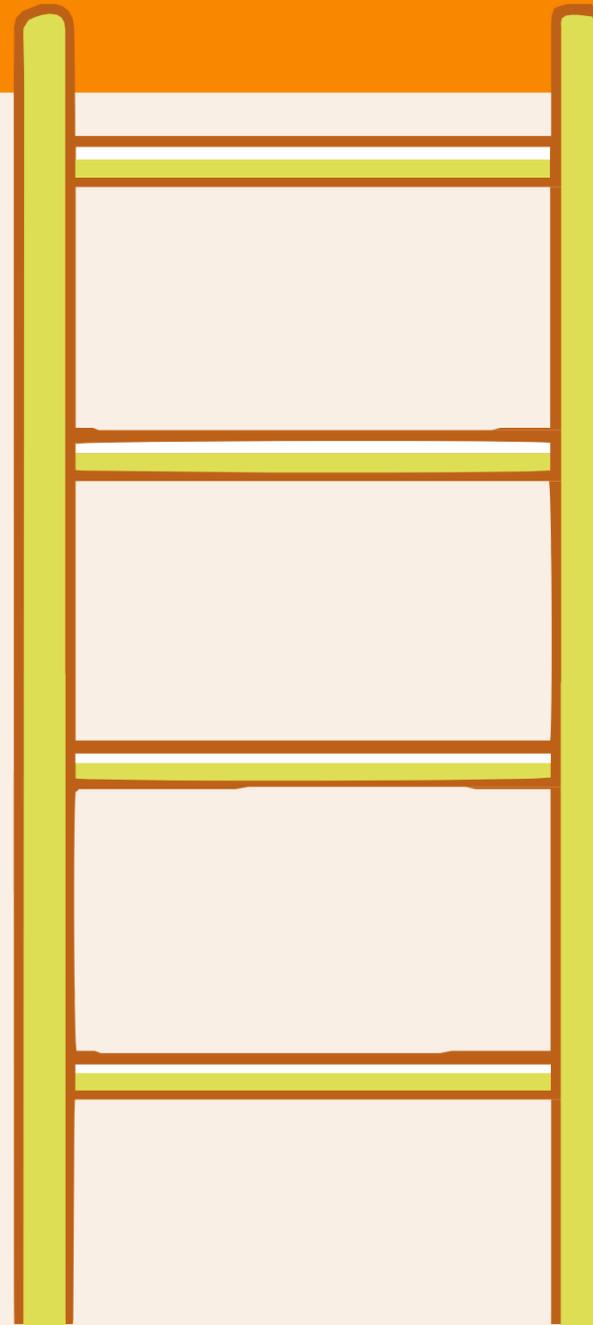
Feeling helpless/defeated

Frequent illness

UNDERSTANDING YOUR NERVOUS SYSTEM



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VENTRAL VAGAL: *Safe +*

Social
Calm Happy Hopeful Grounded
Open Curious Settled Joyful

SYMPATHETIC: *Mobilization - Fight or Flight*

Panic Fear Anxiety Anger
Worry Rage Irritation Rage
Hate

DORSAL VAGAL: *Immobilization- Freeze*

Depression Shut-down Disconnection
Hopelessness Numbness Grief
Dissociation



Reconnecting with yourself



Realistic Everyday Practices



Recognize +
Acknowledge

Grounding

Boundaries

Prompt
Yourself

Notice
Glimmers



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Alert your support system



Utilize free mental health resources



Access other professional supports



Seek Support

You aren't meant to do this alone.

**Calgary Distress Centre,
24- hour crisis line:**

Call or text (403)- 266-4357

**Eastside Community Mental Health
Services:**

Call (403)-299-9699

Therapy is for everyone.

It's not just for when things fall apart- it's for when you want to keep things together.



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healing
 **hive**
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Interested in
connecting
with us?

Book a free 15- minute consult
today!



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Resources