

# Exhaustion

## *recognize & recover*

Created by  
Lindy Henry  
Arvin Mosley, Jr.





**Focus on the root,  
not the fruit.**

Collin Henderson, M.Y.M.





# Exhaustion

## *recognize & recover*

**01.**

What do you hope to get out of this learning blast?

**02.**

What will you need to do (or not do) to achieve that goal?

**03.**

What is your exhaustion level today?

|                      |   |                    |   |                    |   |                |   |                     |   |    |
|----------------------|---|--------------------|---|--------------------|---|----------------|---|---------------------|---|----|
| 0                    | 1 | 2                  | 3 | 4                  | 5 | 6              | 7 | 8                   | 9 | 10 |
| <hr/>                |   |                    |   |                    |   |                |   |                     |   |    |
| Not at all exhausted |   | A little exhausted |   | Somewhat exhausted |   | Very exhausted |   | Extremely exhausted |   |    |

# Recognize Exhaustion

**04.**

What is the definition of exhaustion?

**05.**

What are some symptoms of exhaustion?

**06.**

Which symptoms are you experiencing and/or have experienced?

**07.**

Have you observed any of these symptoms on your team? If so, which ones?

# Recover from Exhaustion

## Strategies

**Me**

**My team**

**Explore**

# Recovery Plan

Start

Stop

Keep

L!G!B!



# Sources

## Articles

Burnout.

<https://www.psychologytoday.com/us/basics/burnout>

Exhaustion. 2003.

<https://medical-dictionary.thefreedictionary.com/exhaustion>

Maslach Burnout Inventory. 2021.

<https://hbr.org/2021/03/how-to-measure-burnout-accurately-and-ethically>

Mental Performance Training, Cain, Brian.

<https://briancain.com>

Master Your Mindset. Henderson, Collin.

<https://www.thecollinhenderson.com/master-your-mindset>

Seven Types of Rest. Dr. Saundra Dalton-Smith. TEDX Talk Atlanta. 2021.

<https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>

Signs of Exhaustion. 2020.

Exhaustion: 4 Signs To Look For (webmd.com)

Signs of Emotional Exhaustion. 2021.

<https://www.youtube.com/watch?v=BS3kuhNU-ao>

What are the symptoms of exhaustion? 2021.

<https://psychcentral.com/health/symptoms-of-exhaustion#what-is-it>

What's the difference between fatigue, burnout, and exhaustion? 2019.

<https://wellteq.co/insights/mental-health/fatigue-burnout-and-exhaustion-whats-the-difference/>