



Mindfulness for Overcoming Burnout

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1. Self-Test: Are You Experiencing Burnout?

If you answered “Yes” to more than 3 of the questions below, it may be time to pay attention to your well-being.

- ☐ Do I feel tired or drained most of the time?
- ☐ Do I feel stuck, hopeless, or emotionally numb?
- ☐ Am I withdrawing from people or responsibilities?
- ☐ Am I becoming more irritable, frustrated, or impatient?
- ☐ Do I find it hard to concentrate or make decisions?
- ☐ Is my body constantly tense? Are my breathing patterns shallow?

2. Simple Exercises to Refresh and Refocus

- Whole-body tapping
- Energy point vibration

3. What Is Burnout?

- Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged stress or overwork.
- It often occurs when someone feels overwhelmed, emotionally drained, and unable to meet constant demands.

4. Common Sources of Overwhelm That Can Lead to Burnout

- Family (Responsibility)
- Friends (Empathy)
- Work (Success)
- Community (Contribution)
- Retirement (Security)

5. Fundamental Solution to Overcome Burnout: Developing the Zero Point in Your Mind and Body.

Zero Point: The central point within that helps you restore balance in life at any time.

Mind

- *You told me, I do* – Passive
- *You told me, I choose, I do* – Overwhelmed
- *I heard, I understand, I choose, I do* – Prevents burnout

Body

- Abdomen tapping
- Qigong