


Recognizing Signs of



BURNOUT

PRESENTATION

RHIANNA CAMPBELL

1

---

---

---

---

---

---

---

---

Host

RHIANNA CAMPBELL



2

---

---

---


---

---

---

---

---



RHIANNA CAMPBELL

-  In 2004, I started my real estate career in mortgage loans.
-  During mortgage crisis, I built a profitable real estate business.
-  In 2018, sold a multimillion dollar real estate business.
-  Today, I am focusing on my work with real estate entrepreneurs to transform their companies into viable investments so they can have the control & freedom they want.

3

---

---

---

---

---

---

---

---



4

---

---

---

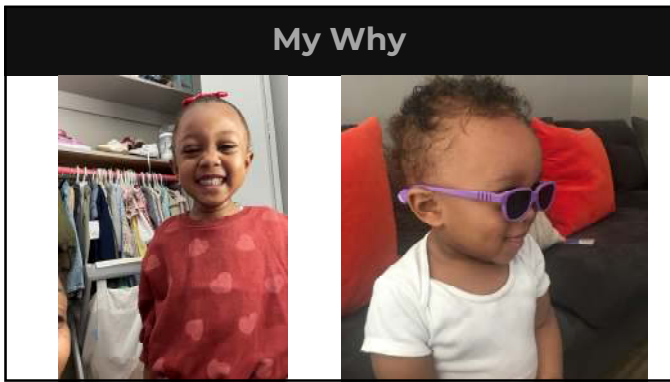
---

---

---

---

---



5

---

---

---

---

---

---

---

---



6

---

---

---

---

---

---

---

---



7

---

---

---

---

---

---

---

---

---

---



8

---

---

---

---

---

---

---

---

---

---



9

---

---

---

---

---

---

---

---

---

---



10

---

---

---

---

---

---

---

---

**My Goal**  
Help to Elevate the Business of Real Estate

**Broker-Owner Mastermind**

Group of our peers who want to consistently and effectively work **ON** their businesses.

11

---

---

---

---

---

---

---

---

**Predictors of Burnout**

1. Lack of reward, \$\$ & appreciation
2. Increased workload
3. Lack of control
4. Lack of support
5. Misalignment of values

12

---

---

---

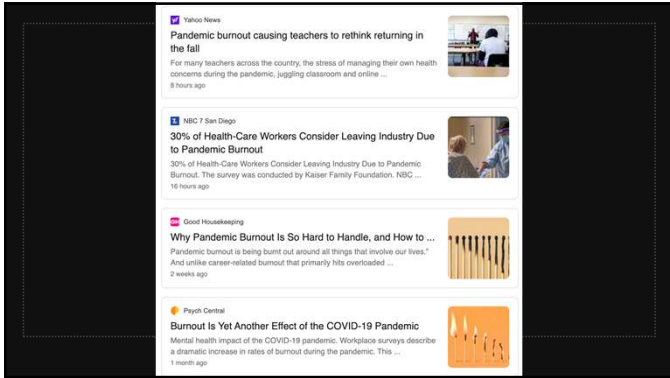
---

---

---

---

---



13

---

---

---

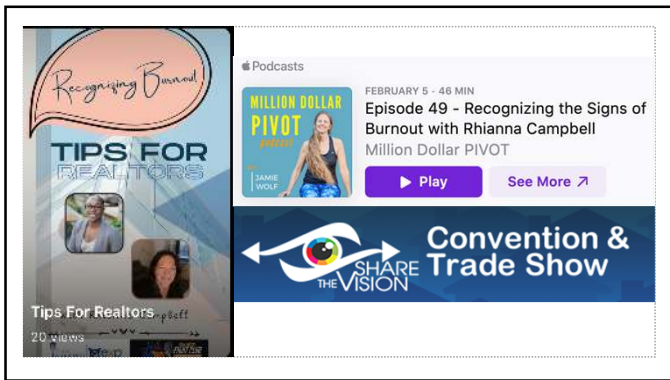
---

---

---

---

---



14

---

---

---

---

---

---

---

---



15

---

---

---

---

---

---

---

---



16

---

---

---

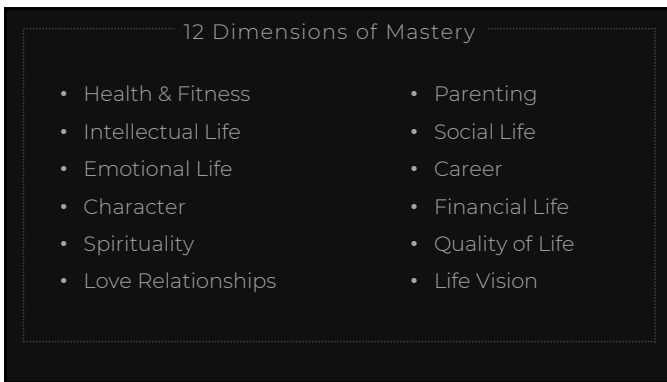
---

---

---

---

---



17

---

---

---

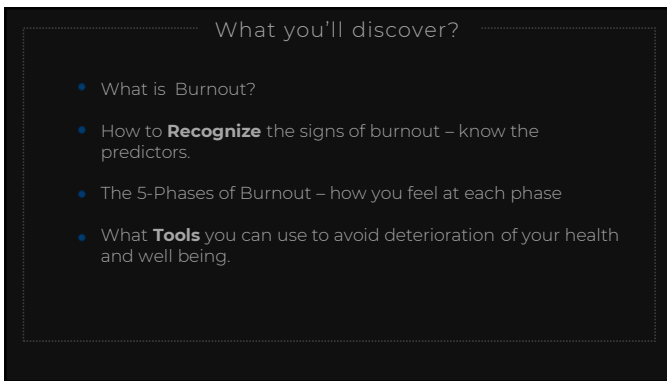
---

---

---

---

---



18

---

---

---

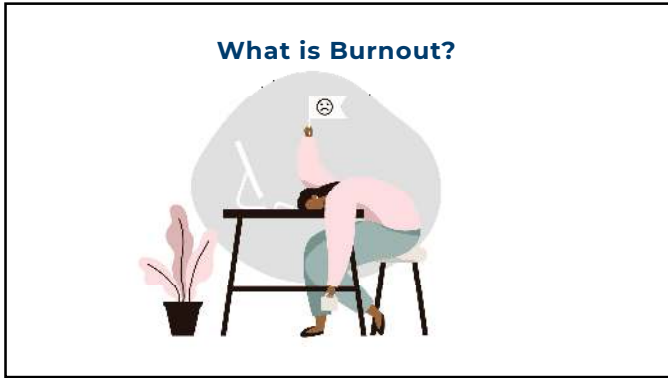
---

---

---

---

---



19

---

---

---

---

---

---

---

---

A state of **EMOTIONAL, PHYSICAL & MENTAL** exhaustion caused by excessive and prolonged **STRESS**. It occurs when you feel **OVERWHELMED**, emotionally drained, and unable to meet constant demands.

20

---

---

---

---

---

---

---

---

- LIKELY TO BURNOUT
- Overachiever #hustleculture
  - Work in a fast-paced environment
  - Side hustler or multiple jobs
  - Executive or team leader
  - Entrepreneur, solopreneur or Mompreneur

21

---

---

---

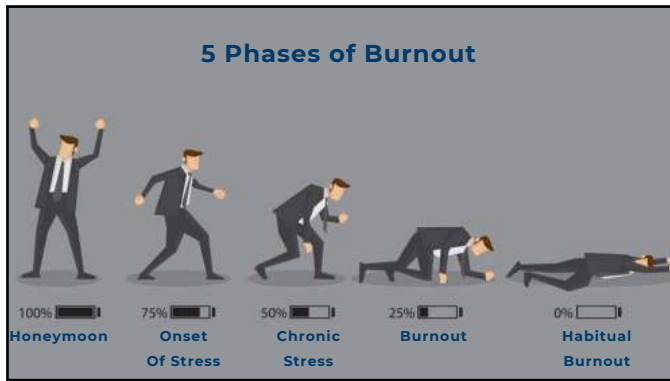
---

---

---

---

---



22

---

---

---

---

---

---

---

---

---

---

# 2

ONSET OF STRESS

Phase 2 Symptoms

- Avoidance of decision making
- Change in appetite or diet
- Forgetfulness
- General neglect of personal needs
- Grinding your teeth at night
- Headaches
- Heart palpitations or unusual rhythms
- High blood pressure
- Inability to focus and Lower productivity
- Irritability
- Job dissatisfaction
- Lack of sleep or reduced sleep quality
- Lack of social interaction

23

---

---

---

---

---

---

---

---

---

---

# 3

CHRONIC STRESS

Phase 3 Symptoms

- Anger or aggressive behavior
- Chronic exhaustion
- Decreased sexual desire
- Denial of problems at work or at home
- Feeling threatened or panicked
- Feeling pressured or out of control
- Increased caffeine, alcohol, drug consumption
- Missed work deadlines and/or targets
- Persistent tiredness in the mornings
- Physical illness
- Procrastination at work and at home
- Repeated lateness for work
- Social withdrawal from friends and/or family

24

---

---

---

---

---

---

---

---

---

---



# 4

BURNOUT

Phase 4 Symptoms

- Physical symptoms intensify and/or increase
- Chronic headaches
- Chronic stomach or bowel problems
- Complete neglect of personal needs
- Social isolation & Desire to "drop out" of society
- Desire to move away from work or friends/family
- Development of an escapist mentality
- Feeling empty inside
- Obsession over problems at work or in life
- Pessimistic outlook on work and life
- Self doubt

25

---

---

---

---

---

---

---

---

---

---

# 4

TIPS TO  
AVOID  
BURNOUT

4 Tips to Avoid Burnout

- 1** Be aware of the triggers\* or cycles that are causing stress in your life. (\*Bills, people, etc)
- 2** Create a self love tool bag to help you recharge when your battery is low.
- 3** Proactively schedule rest days or vacation days during times of heightened stress.
- 4** Uncomplicate your business and your life.

26

---

---

---

---

---

---

---

---

---

---

Self Love  
Tool Bag

- Get Real with yourself
- Journaling
- Love me file
- Dress up & look nice!

27

---

---

---

---

---


---

---

---

---

---



Self Love  
Tool Bag

- Get good sleep
- Create a morning routine
- Tap into community & family
- Environment & Personal space

28

---

---

---


---

---

---

---

---



Self Love  
Tool Bag

- Get out in Nature
- Stillness & Breathing
- Exercise
- Healthy eating

29

---

---

---

---

---

---

---

---



Self Love  
Tool Bag

- Music
- Turning work off
- Have some fun!
- Protecting yourself from energy-drainers

30

---

---

---

---



---

---

---

---

So often we have a false belief...



Get tools I need → Where I want to be

31

---

---

---

---

---

---

---

---

The Reality



32

---

---

---

---

---

---

---

---

You don't need more **tools & information**, you need **help!**

Break the cycle of **always doing what you've always done!**

33

---

---

---

---

---

---

---

---



Get a free copy of my  
**Social Media Quick Start  
Guide**

**BONUS:** Profit Accelerator Call  
\$250 Value

Email me @  
[Rhianna@ProperPlanning.RealEstate](mailto:Rhianna@ProperPlanning.RealEstate)

---

---

---

---

---

---

---