


Recognizing Signs of



BURNOUT

PRESENTATION

RHIANNA CAMPBELL


1

Host

RHIANNA CAMPBELL



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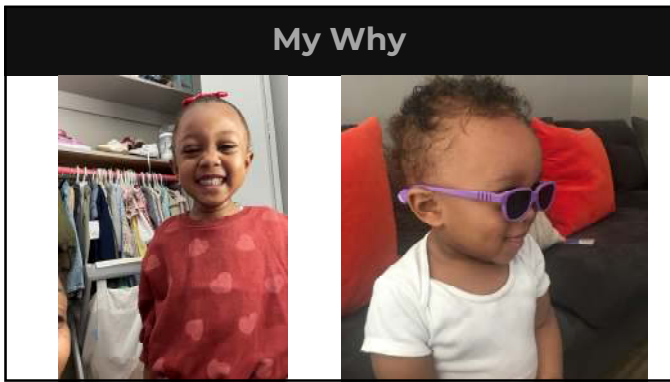
RHIANNA CAMPBELL

-  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.

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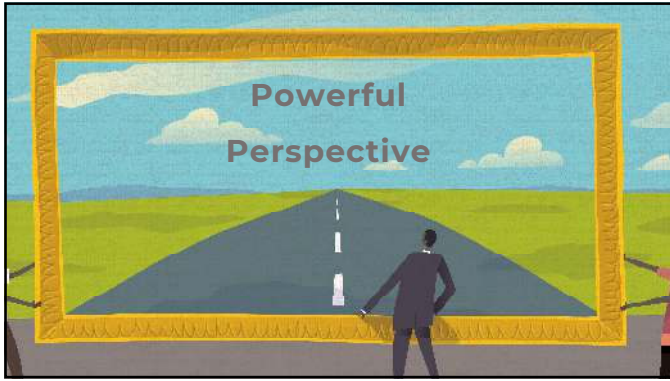
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My Goal
Help to Elevate the Business of Real Estate

Broker-Owner Mastermind

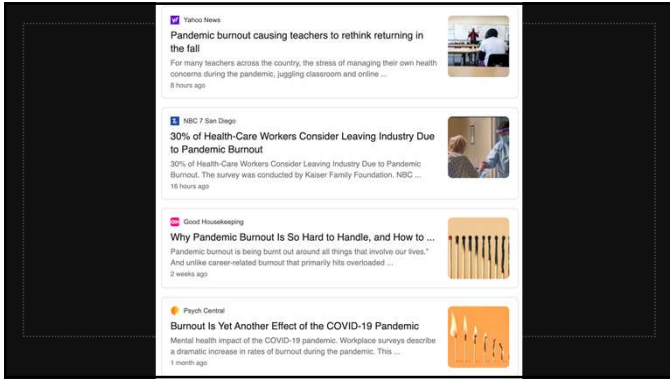
Group of our peers who want to consistently and effectively work **ON** their businesses.

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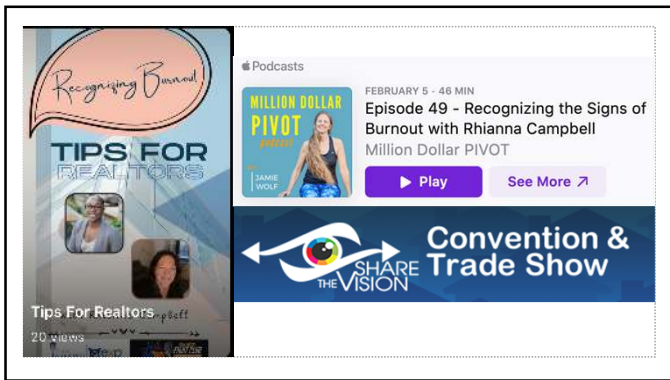
Predictors of Burnout

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

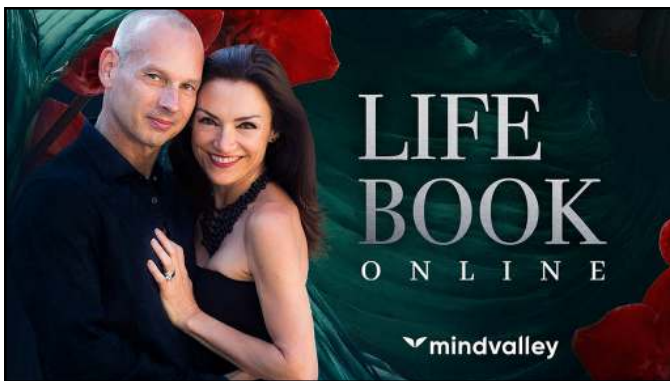
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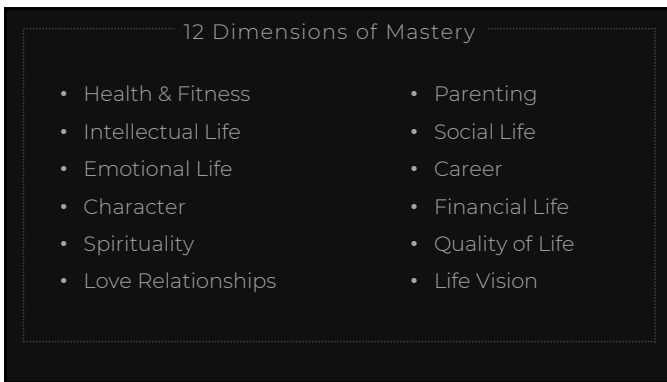
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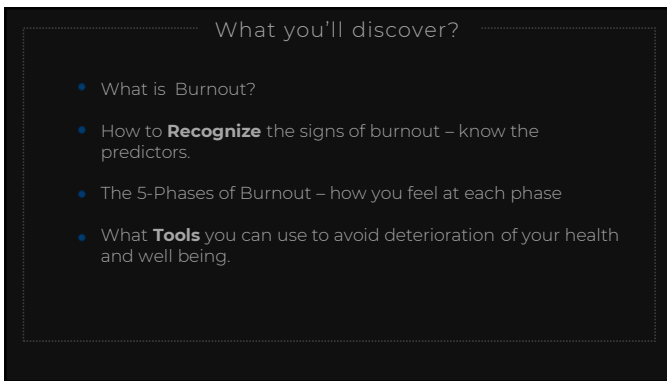
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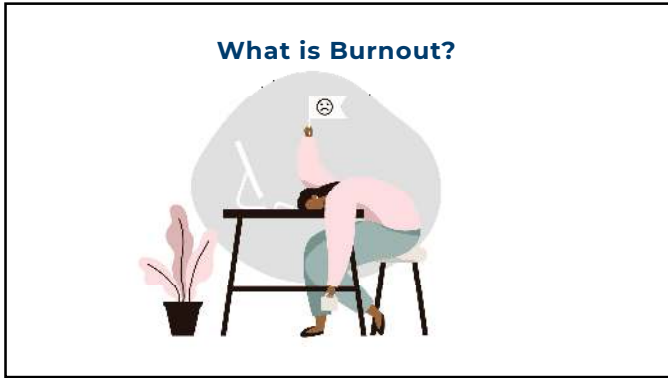
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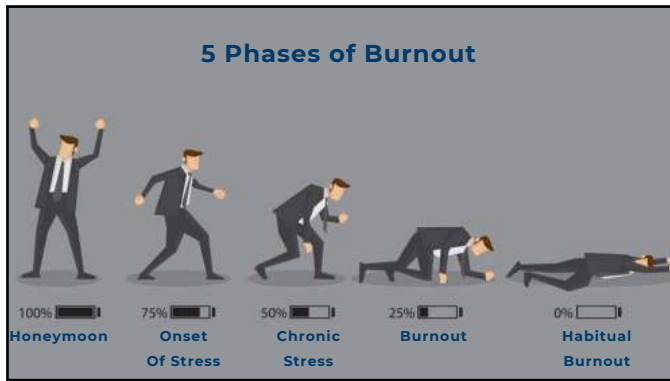
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A state of **EMOTIONAL, PHYSICAL & MENTAL** exhaustion caused by excessive and prolonged **STRESS**. It occurs when you feel **OVERWHELMED**, emotionally drained, and unable to meet constant demands.

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

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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

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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

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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

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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.

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Self Love
Tool Bag

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


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Self Love Tool Bag

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


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Self Love Tool Bag

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

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Self Love Tool Bag

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

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So often we have a false belief...



Get tools I need → Where I want to be

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The Reality



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

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

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