Burnout Recovery and Prevention Tips

How The Body's Stress Cycle Works



Stress cycle completes

6

5

The stress cycle completes. Our bodies are able to recover and less susceptible to chronic stressinduced problems, like burnout



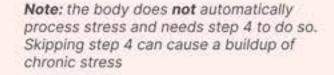
Rest/recovery system activated

After receiving the cue to process the stress, the body's rest/recovery system is activated, which reduces stress levels and repairs the damage done by stress



Stressor appears

A stressful event occurs: a message, meeting, looming deadline or difficult conversation, etc.





Stress response system deactivated

We do something that enables the body to process the stress, like using or tensing muscles followed by stretching, deep breathing, yoga, quality social interactions, or getting a good night's



Stress response system activated

The amygdala (almond-shaped brain structure) activates the body's stress response system, AKA fight/flight/freeze. Our bodies become full of stress.



Stressor handled/disappears

The stressful event passes.

TheMusingMind.com

Based on research by Emily and Amelia Nagoski, authors of "Burnout: the secret to unlocking the stress cycle"