

Week 12- Burning Out

Good Evening!

I hope you guys had as much fun as I did this weekend at Fall Training Conference! It was amazing seeing all the new members and how much spirit each club had! Time definitely flew by and now we're trying to recuperate and get back to our studies.

It's past the half-year mark and let's face it, some of you are probably feeling pretty burnt out and drained. Which is why this week's topic is about **how to deal with burning out**.

Why we Burn Out

Burning-out is the term we use when we've run out of energy and motivation to continue working. It not only takes a toll on us physically, but usually also mentally and emotionally. With Circle K, school, work plus other activities, it's very hard not to burn out. Some of the symptoms of burning out is feeling tired a lot, stressed out, being very emotional, and sometimes even feeling depressed.

You all are AMAZING people, always giving 120% to your presidency and the fact of the matter is, with that much dedication and passion you've all put into your work, it is very hard not to burn out.

How to Deal with Burning Out

When you start feeling like you're burning out, here are a few **reminders** for dealing with it:

- **Take a Break!** Being President is a 24/7 job. You're constantly getting ready for the next event, sending out emails, being the person people call whenever there's a problem, and the job description goes on. And being president usually means that you're putting others before yourself. But you also need to recognize when you need to take care of yourself. Take a weekend off and tell your board so they won't contact you except for emergencies. Don't do ANYTHING Circle K related for that weekend.
- **Have someone to talk to.** This person could be another president, a past president, anyone really that you feel understands you or that can just listen to you vent. They can help give you tips or just the fact that they UNDERSTAND what you're going through really helps. It is really important to have someone that can support you because burning out can be a really rough time.
- **Have Fun.** Go to another club's service project or social where you're not in charge of it and just have fun! Since you're not in charge you won't have any pressure and you can just relax and have fun which will remind you why you love Circle K.

A lot of this is all common sense but you often forget that sometimes you need to take care of yourself. Being burnt out is no fun and can be hard to avoid when you're so dedicated but remember that there are ways to deal with it.

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If you have any **comments or suggestions**, I'd love to hear them.

For more resources and ideas, check out our website at [www.cnhcirclek.org](http://www.cnhcirclek.org). There's a TON of information that's not covered in this email which is there for YOU!

Questions? You can email me at [mde@cnhcirclek.org](mailto:mde@cnhcirclek.org) or call me at (858) 740-8334.

Until next week :)

