

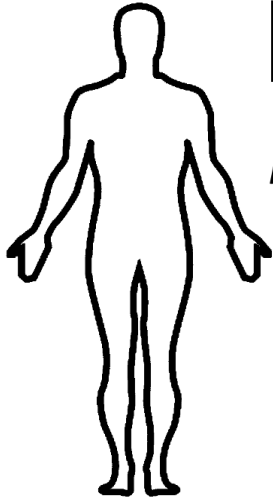


Lead

# Insight #9

## Burnout & Unbelonging

*My Emotional Health: Personal & Workplace*



### Emotional Suppression: Personal Stocktake

When you last had to 'bite your tongue', 'grin and bear it', 'hold it in' or 'keep yourself in check' where in your body did you NOTICE it most?

- **Cognitive** (self criticism/ self pity),
- **Emotional** (numbing/ detachment/ disassociation)
- **Physical** (holding breath/ bracing/ internal tension).

### Emotional Suppression: Taking Personal Action

- First Aid – Self-Talk:** Wholesome vs suppressive responding
- Recovery – Cognitive:** Changing unhealthy beliefs - ABCDE analysis, Empty Chair, etc.
- Recovery – Physical:** Yoga, breathing, progressive muscle relaxation
- Recovery – Emotional:** Mindfulness, meditation, visualisations, social support

### Emotional Suppression: Unhealthy Ways of Working

	Workplace Issues	Types of Suppressed Emotions	HPT Solutions
<input type="checkbox"/>	Personality Clashes	Anger, Stress & Anxiety	Team Profile and Above & Below the Line Chart
<input type="checkbox"/>	Inconsistent Meeting Protocols	Anger, Stress & Anxiety	HPT Meeting Agendas and Roles
<input type="checkbox"/>	Task Overload	Confusion, Stress & Anxiety	Action Registers and Role Description (GSTs)
<input type="checkbox"/>	Lack of Strategic Direction	Despondent, Anxiety & Exhaustion	Vision, Goals & 12-Month/ Termly Action Plans
<input type="checkbox"/>	Unrealistic Wellbeing Expectations	Frustration, Despondent & Exhaustion	HPT Team Pulse, Norms and 10min Boosters