

BURNOUT TOOLKIT

“RECHARGE ON DEMAND”

Quick Relief Tools for High Achieving Professionals



THE POWER PAUSE - RAPID RESET BREATHING

When to use it: After a tense call, before a hearing or a meeting, or whenever stress spills in.

How: *Inhale* through your nose for 4 counts, picture in breathing in clarity and calm.

Hold for 4 counts.

Exhale out through your mouth like through a straw for 4 counts, visualizing stress leaving your body.

Repeat: 2-3 Times

Result: You'll feel grounded, clear headed and recharged instantly.

ENERGY BOUNDARY STATEMENTS

When conversation drain your energy, protect your focus with one of these.

“I hear you.” What’s one step we can take to move forward?”

“Let’s focus on what’s within our control right now.”

Result: You redirect negativity into productive action and keep your energy intact.

GRATITUDE - ANCHOR YOUR DAY

Start or end your day with Gratitude.

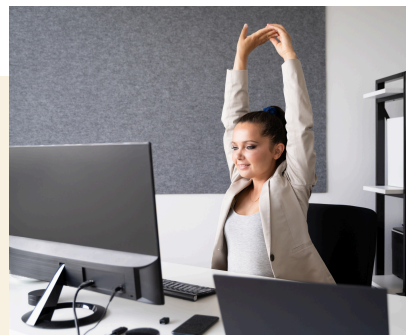
- Write 3 things that went right today.
- Focus on what’s “sustaining” not draining.
- Share one “win” with a colleague. Lean into sharing wins vs “venting” about all the “bad.”

Result: You’ll retrain your brain to notice what’s working - building resilience.

MICRO-MOVEMENT BREAKS

Our bodies hold onto tension during stressful cases — so every hour, stand up, stretch, do a ‘power pose’ for 30 seconds.

- Movement releases stress hormones and increases confidence.
- Even a two-minute walk, shake-out, or deep shoulder roll can be a circuit breaker for burnout.



TOOLKIT



Remember, you can’t pour from an empty cup — or win a case running on fumes. These tools keep your inner battery charged so you can lead, serve, and envision at your best — no matter how tough the courtroom (or conference room) gets.”

Want more tools? Book a call
LifeCoachSharon.com