

A SUSTAINABLE YOU

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"The professional work centred on the relief of the emotional suffering of people automatically includes absorbing information that is about suffering. Often it includes absorbing that suffering as well."

(Charles Figley, 1995)

Little by a little, a little becomes a LOT. (Tanzanian Proverb)

We all move on the continuum. I am mentally healthy when....???



Positive, healthy everyday mental functioning – a high level of wellbeing

Severe, disruptive impact on everyday mental functioning – an absence of wellbeing



Burnout leads to an inability to successfully function on a personal, social and professional level.

It steals hope.

It squashes motivation.

It, quite literally, sucks the life out of you.



**Doing your best work must NOT mean pushing yourself to breaking point.
Your 'best' is when you are thriving in your celebrant role and being the best, well version of you.**

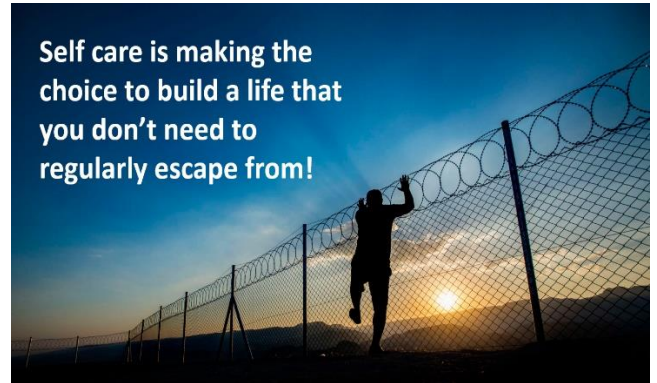




When high levels of work stress continue, our body, mind, spirit and relationships can pay a heavy price.



Tough days are inevitable in any work that focuses on assisting others, but it is how you choose to approach it, and the safeguards that you've built into your life, that will determine your longevity and legacy.



- 1. Plan
- 2. Act
- 3. Repeat

