



Reviewing Your Year:

Staying the Course...For Now

Dr. Kim McCurdy

Goals

The “lighter” side

Growth mindset

Finding [reminding] your why

Overwhelm v. Burnout

Designing Your [Work] Life

Wrap up



How are you?

TELL ME HOW
YOU'RE
DOING IN
TWO WORDS



Right now, I am in class, but I have not gotten out of bed today. I think a picture of me today would say lazy.

Lonely

Chaos!

I am dedicated to my education despite my chaotic environment. It has proved even more difficult since the pandemic. I am determined now more than ever to succeed.

My laptop is the entire reason that I have been able to make it this far through my semester.

Suffocating due to pressure from school, family, and friends. Hiding from the tragedy and unrest outside.

Disorganized shared space that only adds to the forces prohibiting one from focusing on their work.

This is a comfortable space for being creative and doing work.



not be
okay



ask for
help



Take a
break



not know
what's next

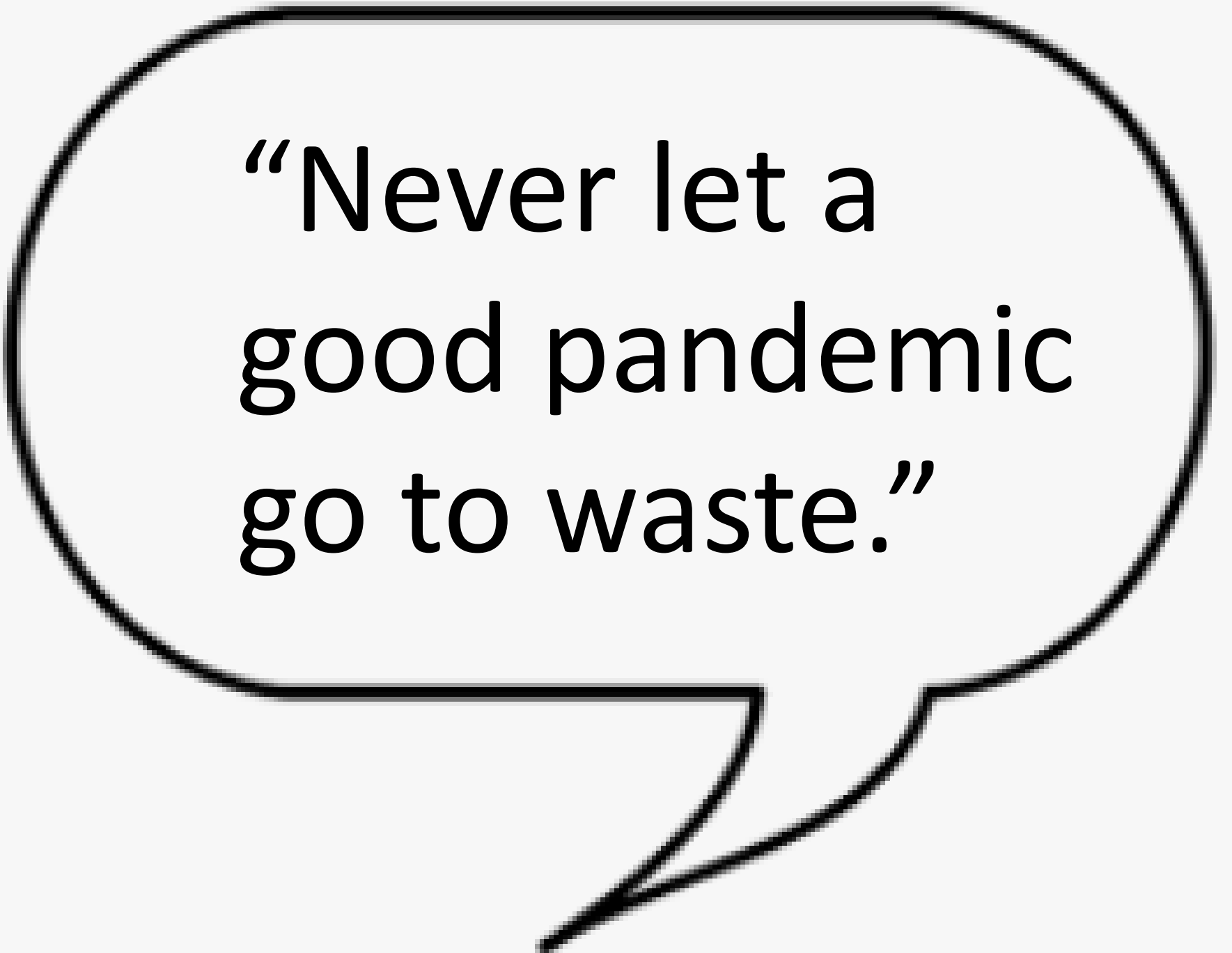


say
"no"

It's okay to:



OK for now.

A large, black-outlined speech bubble with a tail pointing towards the bottom center. Inside the bubble, the text "Never let a good pandemic go to waste." is written in a black, sans-serif font, centered and spanning three lines.

“Never let a
good pandemic
go to waste.”

Things you can control



Your attitude



Your network



Your habits



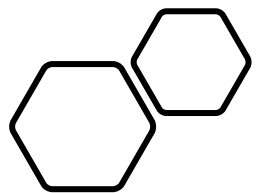
Your work rate



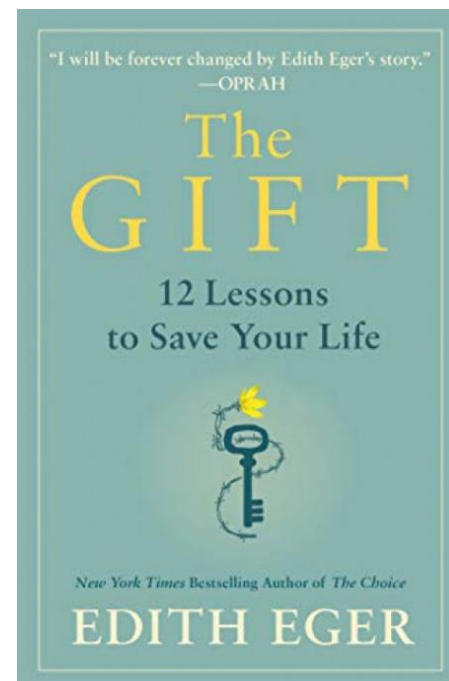
Your gratitude



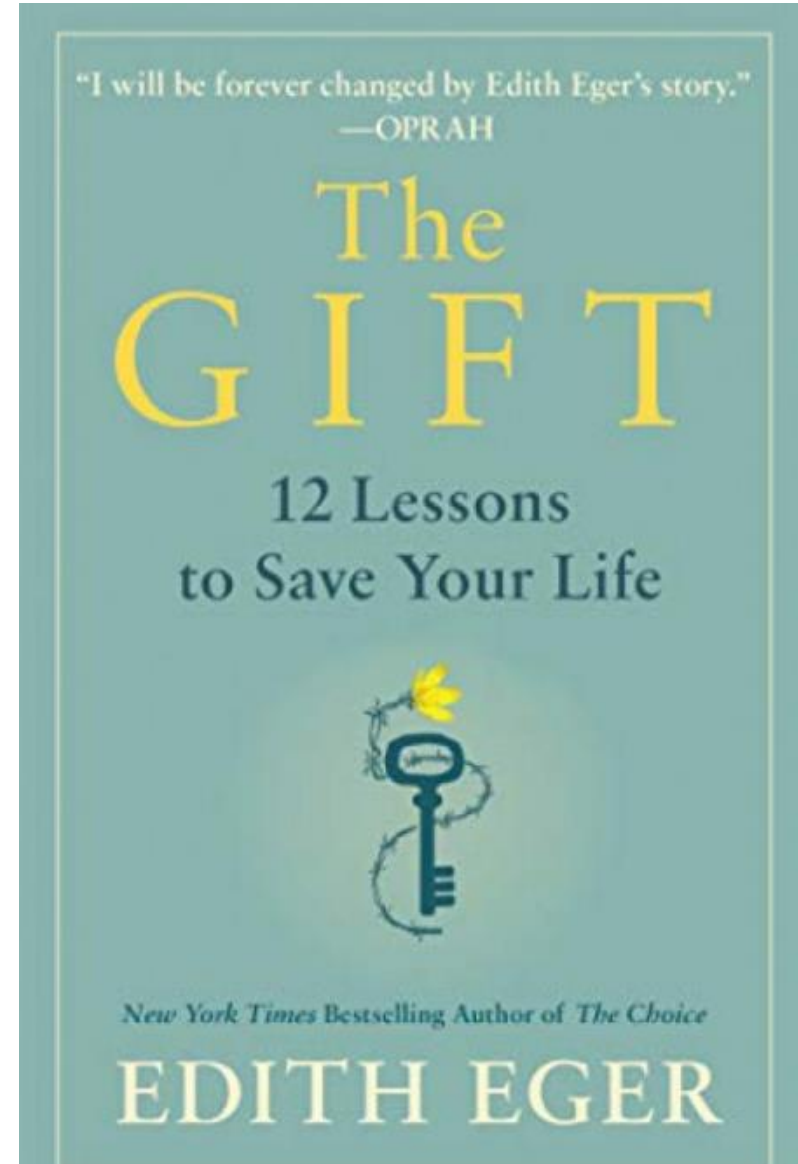
Your physique



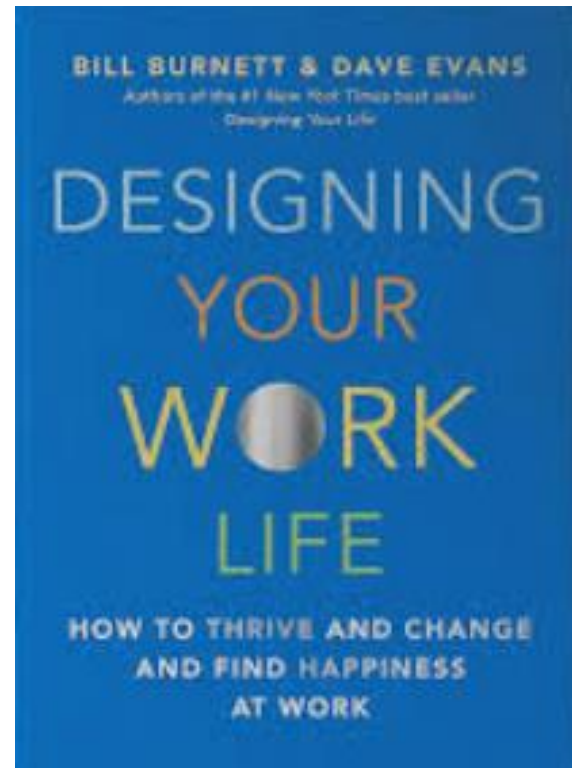
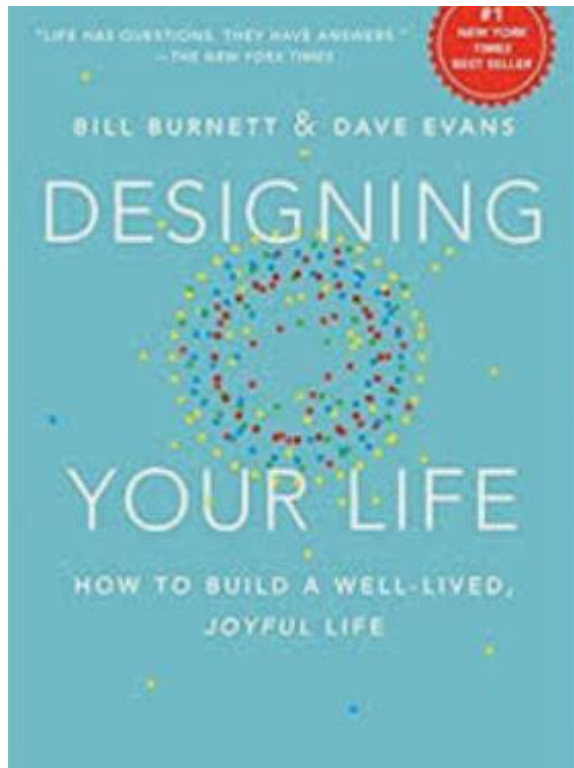
Kim's Book Club



- What Now?
- No Prozac at Auchwitz
- All Other Relationships Will End
- One Butt – 2 Chairs
- No One Rejects You But You
- What Didn't Happen
- Nothing To Prove
- Would You Like To Be Married To You?
- Are You Evolving or Revolving?
- The Nazi in You
- If I Survive Today, Tomorrow I Will Be Free
- There's No Forgiveness Without Rage




Kim's Book Club



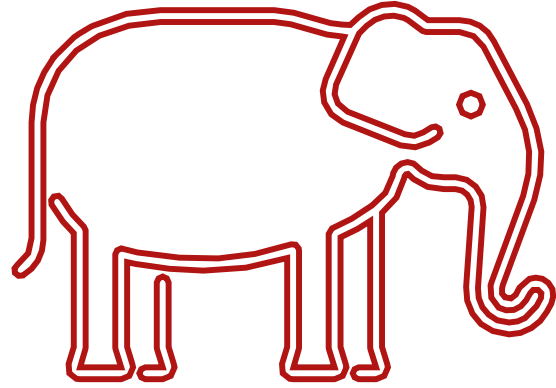


Are you overwhelmed or
burned out?



Overwhelm – inconsistent;
a bad week or season;
it'll pass

- Solution: Take a break – go for a walk, clean your bathroom, call a friend
- Drop, delegate, or renegotiate



burnout

3 components of burnout
- Herbert Freudenberger

emotional exhaustion

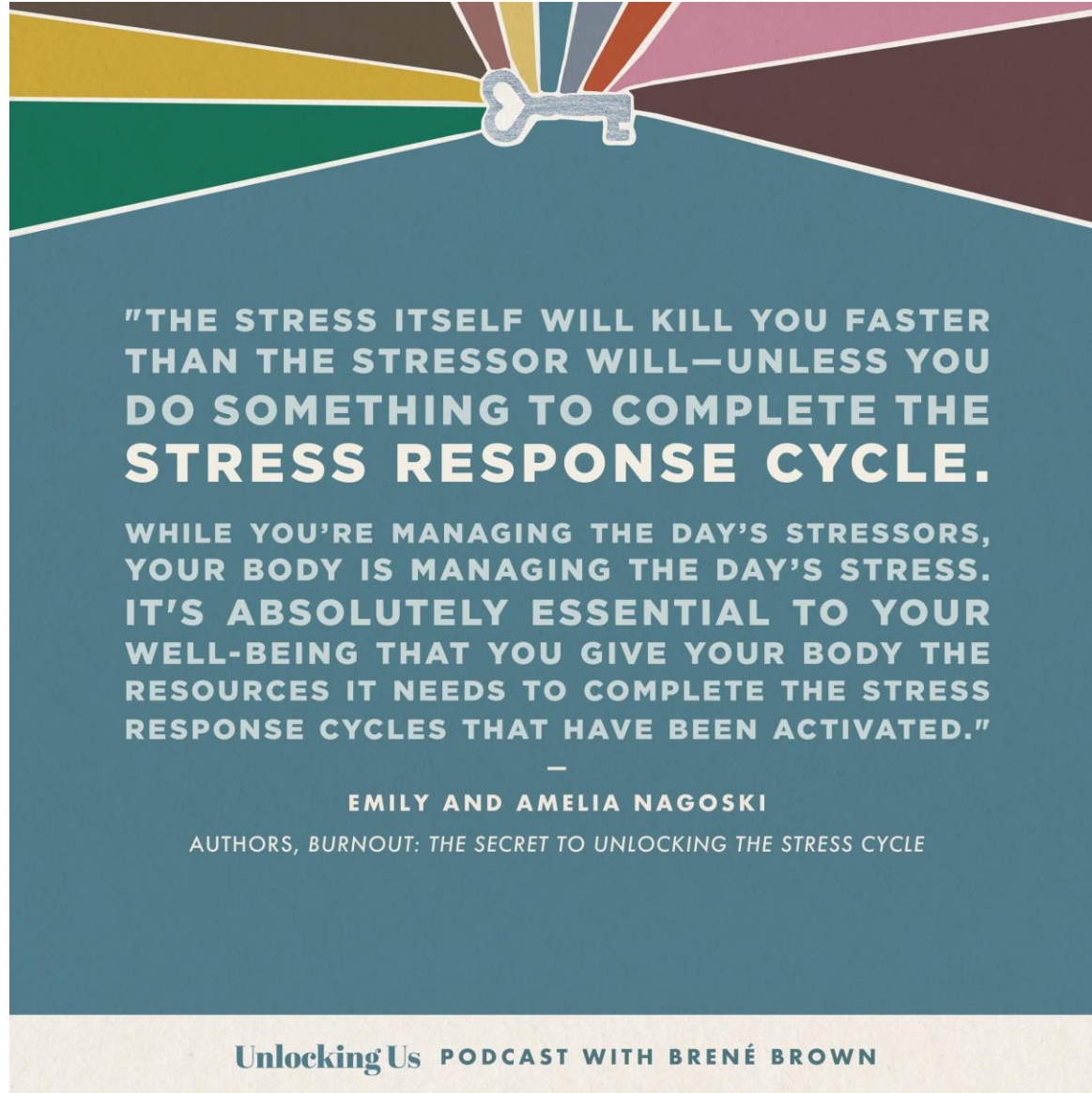
the fatigue that comes from caring too much for too long

decreased sense of accomplishment

the depletion of empathy, caring, and compassion

depersonalization

the unconquerable sense of futility, feeling that nothing you do makes any difference



**"THE STRESS ITSELF WILL KILL YOU FASTER
THAN THE STRESSOR WILL—UNLESS YOU
DO SOMETHING TO COMPLETE THE
STRESS RESPONSE CYCLE.**

**WHILE YOU'RE MANAGING THE DAY'S STRESSORS,
YOUR BODY IS MANAGING THE DAY'S STRESS.
IT'S ABSOLUTELY ESSENTIAL TO YOUR
WELL-BEING THAT YOU GIVE YOUR BODY THE
RESOURCES IT NEEDS TO COMPLETE THE STRESS
RESPONSE CYCLES THAT HAVE BEEN ACTIVATED."**

—
EMILY AND AMELIA NAGOSKI

AUTHORS, BURNOUT: THE SECRET TO UNLOCKING THE STRESS CYCLE

UnlockingUs PODCAST WITH **BRENÉ BROWN**

DESIGNING YOUR LIFE

LOVE-PLAY-WORK-HEALTH BALANCE WORKSHEET

- Mark your dashboard as it currently exists.

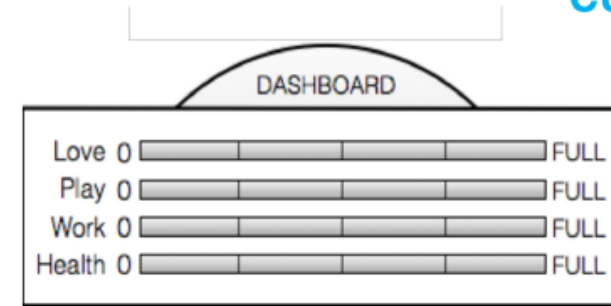
- What do you observe (and are you being fair)?

- If you could make one incremental adjustment, what would it be? Redraw your improved dashboard.

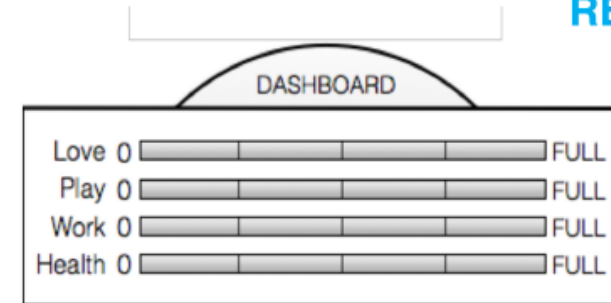
- What would you get if you could attain this revised level of balance? How would life (really) change for you?

- What incremental change could you attempt to move in this direction? What would it take for you to live this way for two weeks?

CURRENT



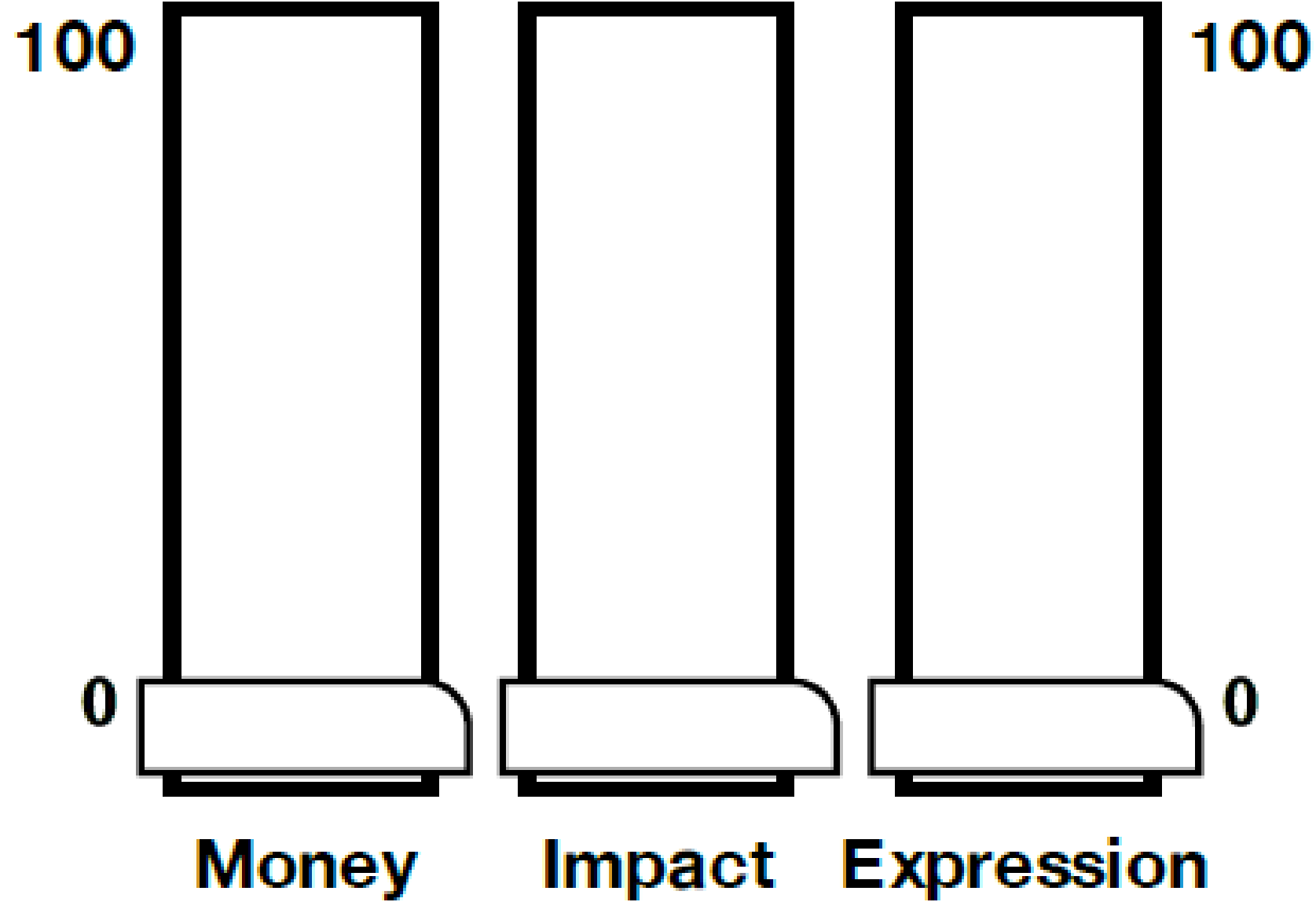
REVISED



“Good Work Journal” Worksheet

Use this worksheet to reflect on your day and your week and ask yourself three questions: What did I learn? What did I initiate? and Who did I help? Research shows that “noticing” these things will help you get more out of work and increase your engagement on the job. Try to have at least one entry a day.

Date	What did I learn?	What did I initiate?	Who did I help?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



8 WAYS TO BE CONSTANTLY IMPROVING

1 READ BOOKS

IT'S LIKE HAVING THE BEST
ADVICE FROM MENTORS
THROUGHOUT HISTORY ON DEMAND.

2 LISTEN TO PODCASTS

FILL IN THE GAPS OF YOUR LIFE
WITH EDUCATIONAL AUDIO. I
USE A BLUETOOTH SHOWER SPEAKER.

3 TAKE A COURSE

THERE'S FREE INFO ONLINE, BUT
A QUALITY COURSE BRINGS IT ALL
TOGETHER AND SAVES YOU TIME.

4 PRACTICE OLD PASSIONS

TAKE A BREAK OR GO ON A
SABBATICAL. REVISIT THE THINGS
YOU ENJOY BUT DON'T NORMALLY DO.

5 GET FEEDBACK & CRITIQUE

SKIP THE COMPLIMENT SANDWICHES.
SEEK FEEDBACK FROM TRUSTED
PEOPLE AND GET STRAIGHT TO THE MEAT.

6 WORK TOWARDS A GOAL

COMMIT TO DAILY PRACTICE. DO
ONE SMALL THING EVERY DAY THAT
WILL GET YOU A LITTLE BIT CLOSER.

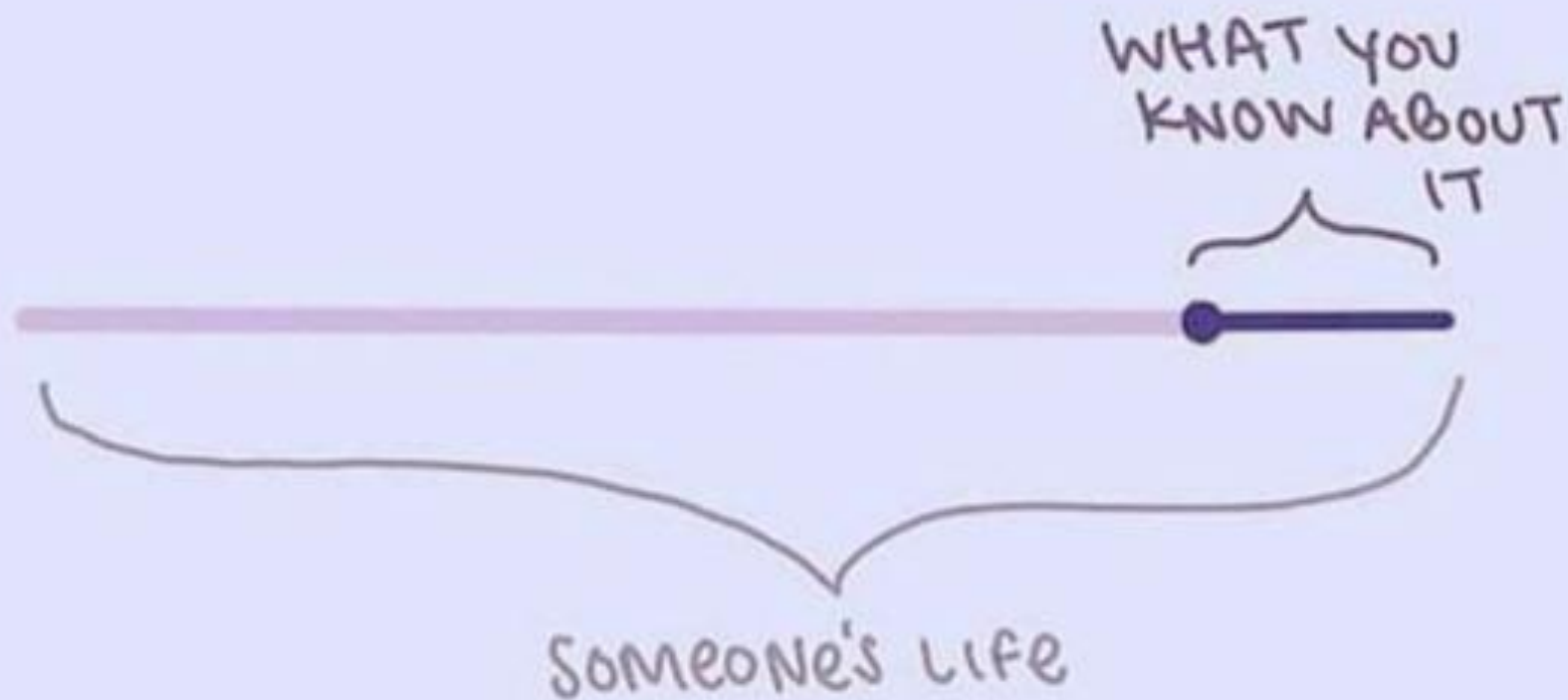
7 BE OPEN TO CHANGE

TO IMPROVE YOURSELF, YOU MUST
CHANGE. IF YOU AREN'T WILLING TO
CHANGE, IT'S HARD TO MOVE FORWARD.

8 GET AROUND COMMUNITY

YOUR MOM WAS RIGHT ALL ALONG:
YOU BECOME LIKE THE PEOPLE
YOU SPEND THE MOST TIME WITH.

WHY YOU SHOULD BE GENTLE WITH PEOPLE



homeless working learner

no high school diploma

former vet poor

first generation comebacker

recent high school grad

Black/African-American

parent LGBTQ+ Latinx

rural immigrant urban



- **Have courage**
- **Say “Yes!” to opportunity**
- **Be okay saying NO!”**
- **Develop a mantra, journal, dance, etc....**



Contact info:

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Links to resources

- Midnight Library Book https://www.amazon.com/2020-Sep-29-Hardback-Midnight/dp/B08LSM1YNQ/ref=sr_1_2?crid=1D71HNJIMGS1S&dchild=1&keywords=midnight+library+matt+haig+book&qid=1615236416&srefix=midnight+library+matt+haig%2Caps%2C163&sr=8-2
- The Gift - https://www.amazon.com/Gift-Lessons-Save-Your-Life/dp/1982143096/ref=sr_1_2?crid=3JSL2TIIQDLG7&dchild=1&keywords=the+gift+edith+eger+paperback&qid=1615236452&srefix=the+gift+edith+%2Caps%2C157&sr=8-2
- <https://brenebrown.com/podcast/brene-with-dr-edith-eger-on-recognizing-the-choices-and-gifts-in-our-lives/>
- Brown, B. (Host). (2020, October 14). Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle. [Audio podcast episode]. In *Unlocking Us with Brené Brown*. Cadence13. <https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>
- Workbook <https://static1.squarespace.com/static/522be993e4b0bb402a7ebb2a/t/5c05635d4ae237d4d66edf2c/1543856995963/Designing+your+life.pdf>
- <https://designingyour.life/wp-content/uploads/2020/04/DYWL-Workbook.pdf>