



Erin
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BURN BRIGHT Not Out

Finding calm, clarity and confidence
in the chaos.

ERINSTAFFORD.COM

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ASSOCIATIONS*West*

**If I work hard I win.
And if I don't win,
I didn't work hard enough.**



That was rock bottom.









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ACHIEVEMENT Addiction

Silent Burnout Contributors

1. Perfectionism
2. People-Pleasing
3. Achievement Addiction
4. Poor Boundaries
5. Ignoring Warning Signs
6. Loss of Meaning



GREW 27x in 6 Years

6,000+
Employees

50,000+
Clinicians

\$11B
Company

5,000+
Healthcare Facilities

Global Burnout Epidemic



57%

Of All Workers Feel
Burned Out

Source: Gallup



70%

Of Workers are Not
Engaged

Source: Gallup



44%

Increase in Burnout Since
2020

Source: Glassdoor

The background of the image consists of numerous stacks of US one hundred dollar bills, arranged in a grid-like pattern that recedes into the distance. The bills are slightly out of focus, creating a sense of depth. The text is overlaid on this background.

Burnout costs US businesses

\$300

per year.

Billion

- Gallup

I didn't think **burnout** was real.



I was **wrong.**

Burnout **Exper**



**How do we
burn bright, not out?**

Burnout

Resources



SteOne

RECOGNIZE

- Advanced Display Technology
- New Processor with integrated Neural Network Module
- Improved Security Features
- AI Empowered Camera



The signs you **ignore** today
are what take you
down tomorrow.



I ignored the
WARNING SIGNS



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10 Signs of Burnout

1. Exhaustion
2. Dread
3. Irritability
4. Physical Pain
5. Poor Choices
6. Lack of Motivation
7. Isolation
8. Less Joy
9. Brain Fog
10. Inability to Escape

Take **ACTION**

Get honest with yourself.

What warning signs are you ignoring?

Pay attention to how you feel.

Ste Two

DO LESS

**We're so used to living in
a state of exhaustion, we
don't know what the
alternative feels like.**

A person stands on a wooden dock at sunrise over a lake with mountains in the background. The sun is low on the horizon, creating a misty atmosphere over the water. The person is silhouetted against the bright light of the rising sun.

If you don't **slow**
your body will do it for you.
down,

Proactive rest leads
to a **26% increase** in
performance

– Gartner®



Recovery Bingo



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Commit to less to
show up more.

start your week

“Before you ~~leave the house,~~
take one thing off.”

— Coco Chanel

What are the socks of your calendar?



If you keep showing up for everyone else, you'll never

show up for yourself.

**Is your routine
building your future
or just maintaining
your past?**

Take **ACTION**

What is one thing you can take off your calendar this week?

SteThree

START SMALLER



Action is the antidote
to overwhelm.

85% of the things
we worry about
never happen.

—Cornell University

The Pie Perspective



**If it feels
too big to start,
it's not the right
size yet.**

Take **ACTION**

Where can you **start smaller** today?

Ste Four

POCONNECT



Connection isn't a luxury.

It's your lifeline.

A top-down photograph of a woman with reddish-brown hair lying on a light-colored bedsheet. She is wearing a black and white striped tank top and is smiling warmly while petting a golden retriever puppy. A larger, fluffy white dog is lying next to her. The scene is intimate and joyful.

Connect With Moments of Joy

**You're not stressed because
you're doing too much.**

**You're doing too little of
what makes you feel alive.**

What are some small moments
of **JOY** in your life?

A diverse group of six young adults (three men and three women) are smiling and huddled together for a selfie. They are wearing casual clothing like t-shirts, jackets, and jeans. The background is a bright, slightly blurred outdoor setting. The text "Connect With Your Team" is overlaid in the center in a white, sans-serif font.

Connect With Your Team

The
loneliness of
Comm

and.



Chris Lindsay

Retired Navy Seal Captain

Strong relationships are
the **#1** predictor of
happiness and longevity.

— Harvard

**You don't burn out because
you're doing too much.**

**You burnout because
you're doing it alone.**



The 10% Rule



This isn't

one and done.

**What's at stake for
you?**

The constant push for
more isn't ambition,
it's addiction.







What are you slowly giving
up that **success** can't give back?

What could you **protect** so
never have to **recover** from your
success again?

Burn bright, not out.



FREE
Resources



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