

Your Therapy Doctor

NEWSLETTER 52

Thriving Through Change: Managing Stress, Burnout & Building Resilience

Dear Friend,

Life throws unexpected challenges our way, and job loss or workplace instability can be one of the most stressful experiences. It can shake your confidence, create financial anxiety, and leave you questioning your next steps. Remember: *resilience* isn't about avoiding hardships it's about navigating them with strength, strategy, and self-compassion.

This issue provides practical tools to reduce stress, combat burnout, and strengthen your emotional resilience so you can move forward with clarity and confidence.

What's In This Issue?

- Understanding Workplace Burnout & Stress
- Stress Management & Coping Strategies
- Building Resilience: How to Bounce Back



Understanding Workplace Burnout & Stress

Work-related stress and burnout happen when the demands of your job (or job search) exceed your ability to cope. Symptoms may include:

- Chronic fatigue
- Anxiety about work or finances
- Feeling emotionally drained
- Decreased motivation
- Difficulty concentrating

Whether you're navigating a job transition or experiencing uncertainty in your workplace, recognizing these signs is the first step to regaining control.

Stress Management & Coping Strategies

Here are three powerful stress-relief techniques to use right now:

Mindful Breathing

Try this: Take a deep breath in for 4 seconds, hold for 4 seconds, then exhale for 6 seconds. Repeat for 2 minutes. This activates your body's relaxation response, reducing stress hormones.

Journaling for Clarity

Prompt: "What is within my control right now?"

Writing down your thoughts helps untangle emotions and refocus on actionable steps instead of dwelling on uncertainty.

Movement Breaks

Why it works: Exercise, even a 10-minute walk, releases endorphins that boost mood and reduce anxiety. Prioritize movement to break cycles of stress.



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Reality Check

Change and unpredictable circumstances are not easy lived experiences and they don't make you feel good at all; use what you know...

1. You have faced difficult times before.
2. You can overcome.
3. You can't take on new things that don't bring you peace.
4. Be good and kind to YOU.
5. Take it one day, one step at a time.

BUILDING RESILIENCE: HOW TO BOUNCE BACK

Resilience isn't about avoiding stress; it's about adapting and recovering. Use these strategies to build resilience during career setbacks:

- **Reframe Your Mindset** → Instead of "I lost my job," try "This is an opportunity for something better." Shift your perspective from loss to possibility.
- **Set Small Goals** → If job searching feels overwhelming, break it down: update your resume today, apply for two jobs tomorrow, schedule networking calls next week.
- **Seek Support** → You don't have to go through this alone. Reach out to mentors, career coaches, or support groups to keep you motivated.
- **Embrace Self-Care** → Protect your well-being by establishing daily habits that keep you balanced—adequate sleep, nourishing meals, and mindfulness practices.

We Thrive Together

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