

“MINDFUL RESILIENCE”

**How to Prevent and
Overcome Burnout
and Build Inner Strength**

**Peace and
Possibility, 2025**

**Nicole Schiener, M.Ed, RP
CCC, CCFP, CGE**



About Nicole

- Award Winning Registered Psychotherapist (WOD)
- 20+ years Clinical & Facilitation Experience
- LWR Graduate & Volunteer/Advocate
- Recovered from burnout and compassion fatigue
- Certified Compassion Fatigue Professional
- HSP Knowledgeable Therapist
- Contributor to global publications and local media

Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE



Land Acknowledgement

Reading from “You are the Medicine”, Asha Frost

I acknowledge the land I live and work on is the traditional territory of the Neutral, Anishinaabeg and Haudenosaunee Peoples.

Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

“Connection is what makes us feel safe. Connection to others, to our body, to what we feel and sense, to the land and to the present moment.”

- Kristen Toth



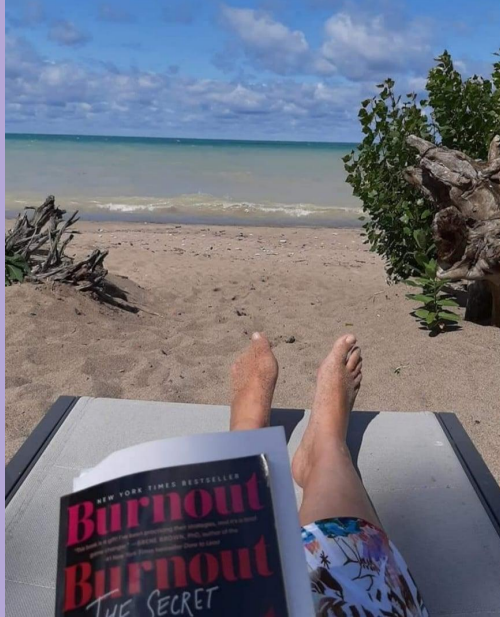
You are in the Right Place if you:

- **Want to learn healthy ways to deal with stress** at home and work
- **Want to feel more present and kind** to yourself
- **Long for more time** for family, friends, fun, rest and pursuing your personal passions
- **Feel angry** for how society seems to blame women for burnout and oversimplifies self-care



Burnout is NOT our
fault and we are NOT
powerless.

What we will cover today:



Part 1) Research on Stress

Part 2) Burnout: Warning signs & Vulnerabilities

Part 3) Building Inner Strength/Resilience:

1. Mindfulness and Self-compassion
 2. Boundaries and Sharing the Load
 3. Taking in and Spreading the Good
- Additional Resources

Stress: The Bad News

Physical pain
Burnout
Illness



Stress: The Good News

How we think about stress and ourselves and what we do before, during and after a stressful situation can change how stress affects us.



Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

“When you choose to view your stress response as helpful, you create the biology of courage and when you choose to connect with others when under stress, you can create resilience.”

- Kelly McGonigal

Signs of Burnout

A woman with glasses and a yellow shirt is sitting in a chair, talking on a mobile phone. She has a weary expression and is holding her hand to her neck. The background shows a bookshelf filled with books and a window with a small potted plant on the sill. The overall mood is one of stress or exhaustion.

Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

The Maslach Burnout Inventory

The diagram illustrates the three components of the Maslach Burnout Inventory. It features a light purple background with two vertical purple bars. The first bar is on the left, and the second bar is on the right. The text 'Emotional Exhaustion' is positioned to the left of the first bar, 'Depersonalization' is between the two bars, and 'Reduced sense of personal accomplishment' is to the right of the second bar. At the bottom center, a white rectangular box contains the text 'Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE'.

Emotional
Exhaustion

Depersonaliza-
tion

Reduced sense
of personal
accomplishment

Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

Contributing Factors or Vulnerabilities:

- Beliefs that promote burnout
- Belonging to a group that's been devalued and discriminated against
- Neurodiversity, High Sensitivity
- Unprocessed trauma or loss
- Physical or Mental Health Struggles
- Being in an Abusive or Toxic Environment



Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

Mindful Resilience: Building Inner Strength



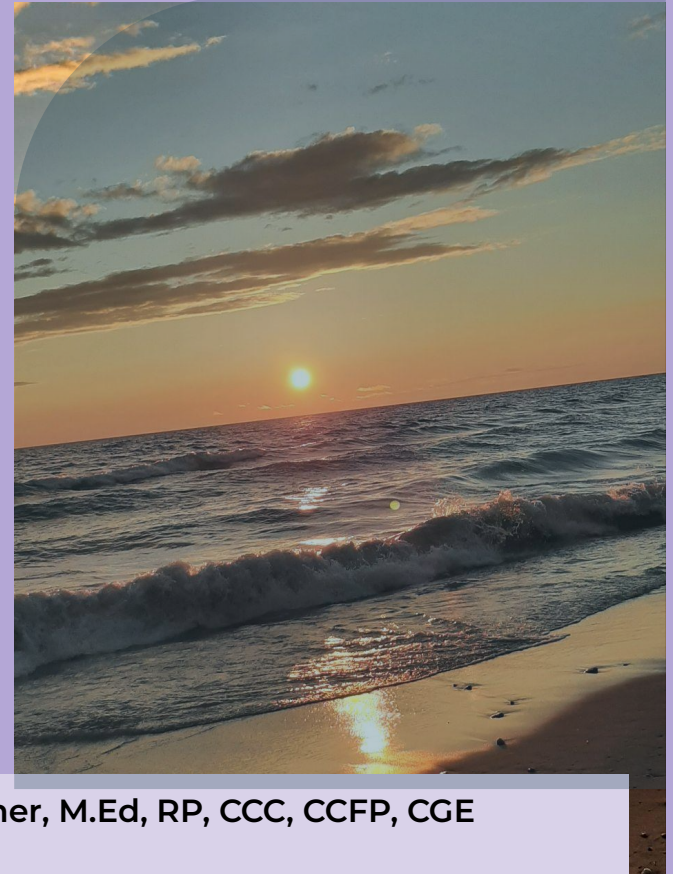
Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

“Mindfulness is paying attention on purpose to the present non-judgmentally as if your life depended on it because it does.”

- Jon Kabat Zinn

Benefits of Mindfulness:

- **Deactivate the Default Mode** (stories about past regrets and future worries)
- **Increase awareness of and distance** from your thoughts/stories/beliefs
- **Identify your Nervous System states**, your triggers, emotions and needs
- **Accept what is**, be curious “beginner’s mind” and non-judgemental
- **Enhance pleasure, awe, gratitude and compassion**
- **Reduce your Negativity Bias and reactivity**



Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

“Self-compassion recognizes that being human is messy. It accepts that our best changes from day to day; depending on our capacity, circumstances and capabilities.”

Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

3 Elements of Nurturing Self-Compassion*:

Mindful Awareness

Connection to Common Humanity

Kindness (self-soothing (words and gestures)

Ruminating (Past) or Worrying (Future)

Isolation

Self-criticism

*Kristin Neff and Chris Germer

Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

In order to set and hold boundaries, we need to feel physically and emotionally safe.

Sharing the Load and Delegating

(adapted from Psychology Today)

1. Consider the Costs and Benefits:

- a. How is trying to do it all negatively impacting you and your relationships?
- b. What is the worst thing that could happen if you let go of some or all of the responsibility for certain tasks?
- c. What benefits could you all gain?



Taking in and Spreading the Good



Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

The 5 - 3 - 1 Guideline

(Kasley Killam)

Interact with
5 different
people weekly

Strengthen at
least 3 close
relationships

1 hour a day
connecting



Additional Resources:

Books:

Burnout: The Secret to Unlocking the Stress Cycle - Emily Nagoski, PhD & Amelia Nagoski, DMA

Heal Your Nervous System - Dr. Linnea Passler

How to Meet Yourself - Dr. Nicole LePera

Set Boundaries, Find Peace - Nedra Glover Tawwab

Fair Play - Eve Rodsky

Books by Kristin Neff & Christopher Germer on Self-compassion & B/O

Other Resources:

Videos:

Dr. Tracey Marks, YouTube channel - Playlist “The Resilience Reset”

Jen Fisher TEDX Talk “ The Future of Work”

Kelly McGonigal TED Talk “How to Make Stress Your Friend”

Amy Cuddy TED Talk “Your Body Language May Shape Who You Are” (Power Poses)

Kasley Killam TED Talk “Why Social Health is Key to Happiness and Longevity”

Nicole Schiener, M.Ed, RP, CCC, CCFP, CGE

Other Resources:

Articles:

My Blog- The Peace of Relating to Stress Better

My Blog - The Peace of Self Compassion

My Gottman Blog Article- Making the Invisible Visible

Psychology Today- The Five Pillars of Everyday Resiliency

Psychology Today - How to Delegate When You're a Perfectionist



Stay in Touch!

Nicole Schiener, RP

Virtual, Walking and In Office
Therapy - FREE intro calls

Public Speaking, Panels &
Podcast Guest

<https://peaceandpossibility.ca>

[LinkedIn](#)

[Instagram](#)