



NECA
PHILADELPHIA
SEPT 29-OCT 2, 2023

Coping With Burnout and Stress:

Searching for mechanisms to preserve mental health






Dr. Keith Dempsey

TRADE SHOW EDUCATION

This session is eligible for 1 Contact Hour.

For these hours to appear on your certificate, you must:

- Have your badge scanned at the door
- Attend 90% of this presentation
- Fill out the online evaluation for this session

Welcome NECA Family!!!



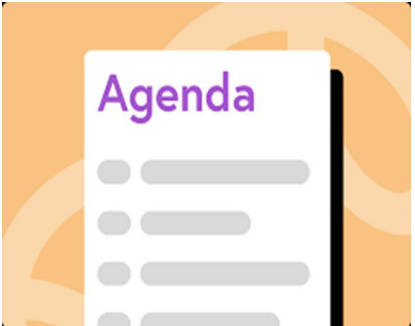


THE NECA SHOW
Presented by National Electrical Contractors Association



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- The Rigor of your work
- Stress and Burnout
- Effects on Mental Health
- Starting a Wellness Plan

Easy Peasy!



Stress is physical and emotional reaction that people experience when they encounter life's challenges.

- National Institute of Health

Life's Challenges

- Money
- Honey Crunch
- Kids
- Loss
- Failure



List of stress for jobs

- Low salaries.
- Excessive workloads.
- Few opportunities for growth or advancement.
- Lack of support.
- Not having enough control over job-related decisions.
- Communication.



List of stress for this specific job

- The rigor of being a Journey Person
 - Dangerous nature of the job
 - Culture – work more, drive up, suck it up and deal with it
- According to the Bureau of Labor Statistics (BLS)
- Male dominated profession – 95%
 - 60% White men
 - 27% Latino, Black 9%, LGBTQ 4%



Stress vs. Burnout

- Stress is closely related to burnout but not the same thing. Stress puts pressure on the body which is manageable for a short amount of time
- Constant stress is takes a toll on physical and mental health
- Too much stress over a long period time leads to burnout
- Stress is not always bad for you



Barking Dog



Short Term Stress

- Fear and Worry
- Faster Heartbeat to pump blood to your major muscles
- Breathing quickens – blood to the brain to help make decisions
- Muscles tense up – ready to make a run for it – safety
- Healthy Paranoia



Long Term Stress

- Fear and Worry
- Trouble breathing
- Physical and Mental problems
- Skin and hair conditions
- A state of constant duress
- The dog never stops barking

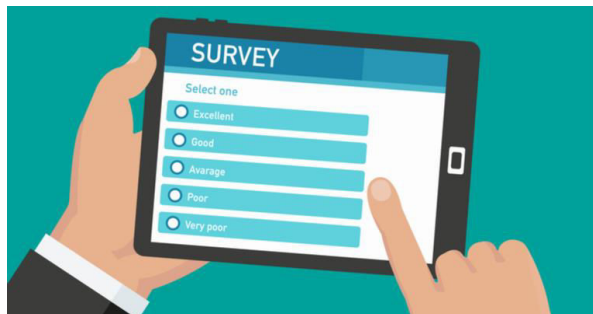


The Cause of Burnout

- Repeated, excessive and prolonged stress.
- Long hours of stressful work.
- Stress varies as it relates to the type of work you do.
- Physical and emotional hardships.
- What are your personal signs?



Burnout Survey



Signs of Burnout

- ✓ Feelings of bitterness
- ✓ Sarcasm
- ✓ Lack of tolerance (at home and/or work)
- ✓ Pessimism (at home and/or work)
- ✓ Cynicism (at home and/or work)
- ✓ Job performance declines





An active pursuit of activities, choices and lifestyles that lead to a state of holistic health. (physical, mental, spiritual, emotional, social, environmental)

-Global Wellness Institute

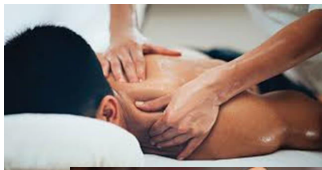
- Often confused with words like good health and happiness
- Intentional
- Prioritized



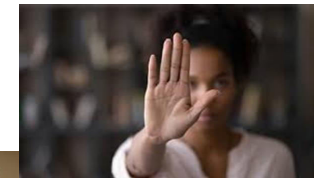
Self-Care?



Stereotypical Self-Care



Realistic Self-Care



Putting it into practice



Story About Stressed Person

- Black Female CEO
- Where does it come from? Expectations (40 hours a week is not acceptable);
- Conditioned in this society regarding what works mean
- Looked down upon
- What's acceptable regarding success and wealth?
- Change the narrative around
- What makes this place work ----- the people ----- How do we take care of the people?
- Recognize the ecology of the company ----- self care days ---- zoom/meeting free Friday
- What is the metric to determine if increased self-care works



Leadership in Wellness



- Dr. Sherritta Hughes
- Culture of high expectations
- Changing the narrative about work
- Focus on what makes place work
- Focus on ecology



Be Kind To Yourself – Kelly Roper



Complete the Online Evaluation

