

# What's News

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## **Stress and Burnout**

Most of us will experience a profound level of stress during our lifetimes. The journey of life makes that a given from time to time. External issues like children, aging parents, corporate changes, job changes, etc. can put us in a higher level of stress at any moment - then there are the internal issues. You know, the ones that you have with you at all times. How it “*should look*” and be vs. “*how it is*”. Some of you have very distinct “pictures” in your mind of how all aspects of your life should look. Pictures in this context are how you believe it should look. Those “pictures” in and of themselves are not bad or wrong. They are in another format; goals. However, they maybe completely unattainable given your life.

For example, how many of you don't live up to the picture of where your are “supposed to be” right now in your career and personal life?

The mischief in the pictures is when you start to measure how your life actually is (the external issues) with how it “should be” according to your pictures (the internal issues).

Just a look at that gap cannot only but anyone of us in a burnout state but also in a deep depression!

Sometimes, however, the stress and burnout you are feeling can produce something other than depression. A depression that is born out of the dissonance between your pictures of how life should be vs. how it really is .

Sometimes you can use the stress and burnout to point at an issue that, prior to the stress, was what we call transparent. An issue that is transparent is one you can't identify, see or touch.

It's been hiding behind all of the things in life you have to do. You can't even see it. You don't even know it exists.

Like the old saying: You can't see the forest for the trees.

Usually these are leftover in completions or unresolved relationships. But when you have an increased level of stress all of the here to fore transparent issues start to show up and become very apparent.

For example, you may feel under appreciated in your current position. Not valued for the job you do or the extras in time and effort you put in. You may also have a picture that you should be further along in your career that you are. Reality doesn't match up with your picture.

You may not even know that dissonance between reality and pictures is there until your company loads one more responsibility on your shoulders. You may have been so busy that it never occurred to you to stop and see if you are satisfied.

We have worked with a lot of people who left their jobs in the last four years, some with large packages of salary and benefits, they then bravely determined they needed to call a halt to their job search for a while to examine who they really are and what they really want to do and repair their lives and complete relationships from an earlier part of their lives. We call these people brave because when you stop working for a while, you stop "doing". That leaves you wide open to explore all of the transparent issues that then become apparent. These transparent issues will crop up now that you have nothing to do but look at your life and where you're headed.

Most of the folks we have worked with during this "down time" become very healthy human beings because they actually begin to resolve all the issues left unresolved all the past that were transparent.

But what about those of you who can't or won't take yourselves out of the workforce long enough to have the transparent issues become apparent. What can you do to use your current level of stress to make these issues become clear.

First of all, it is imperative that you peek out time. You must call a halt to your everyday "doingness" and sit long enough to hear your own voice if only for 1 hour a week.

You can't just use this time to "do" the things work hasn't let you do. You must use this time to think or write in your journal. You may just want to "sit still" for a while in quiet.

Second be patient - It takes a while. Most of the folks we talk to who have taken time off to re-group tell us it takes at least 6 months to a year for them to have the transparent issues become apparent.

(It may take you a year or more to do it at only one hour a week.)

Lastly, remember there is no "right answer" on how to do this. Just give yourself the time and patience and see what happens next.

**If you need a little push down the road, give us a call.**

## **Congratulations are in Order...**

To Viveca Fairbanks-Henderson on her promotion to Section Head at P&G. She is Product Supply Initiative Planning in the Tissue/Towel GBU.

To David Peri and his staff on the Grand Re-Opening of the Chief Hosa Lodge, Golden Colorado. The reception is scheduled for May 31, 2000. If you would like to attend this event and see this unique historic facility, give us a call.

To Dr. Patricia Duinn who will be honored by the DD Family Support Project on June 2, 2000. Pat is the former Director of Continuing Education for Rutgers University Graduate School of Social Work.

To Vicki Walker on her promotion to Vice President of Human Resources for Personal Products, Consumer Products (in USA and Worldwide), Sales & Logistics, Ortho Products, Consumer Products (in USA and worldwide), Sales & Logistics, Ortho Derm, J&J Consumer Shared Services and Business Development.

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Roberta Teran gave us permission to reprint this compilation of her thoughts after the last Mountain Leadership Retreat:

### **Leadership Retreat - 2000**

...We couldn't have done it without each other...  
...We made a difference...  
...We did more than just make /sell soap or paper or...  
...We did it together  
...We didn't hold back... we each did something for someone else...  
...We role modeled what we want and need...  
...We did what almost seemed impossible...  
...We are Angels in the making...  
...We learned what we were capable of...  
...We stepped out of our comfort zone...  
...We as women are powerful...  
...We had a chance to do something special ... and we did...  
...We will share a special memory...for life...

Roberta

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