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Dear

Tech Executives

*3 Tips to mitigate burnout
from the inside out*



LISTEN
THEN SPEAK

BALANCING CAREER

&

PERSONAL RESPONSIBILITIES

- ✦ **If you are at the top of your Career or running a business, your plate fills up quickly. As projects and duties stockpile you will inevitably get overwhelmed**
- ✦ **Both your personal life and private life have a set of unique demands that require you to process intel in a way that positions you for sustainable success**

IDENTIFY *your* STRESSORS

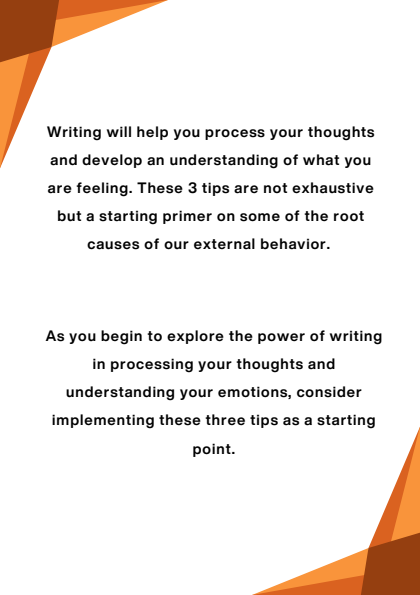
- ✓ Don't be afraid to identify interpersonal conflicts that can lead escape
- ✓ Sometimes the things and people you love the most may be a source of stress
- ✓ Set a aside time for a conversation about what is causing contention or stress

UNDERSTAND *your* TRIGGERS

- ✓ A trigger is often an event that produces a response
- ✓ After you identify your stressors, isolate the stressors which trigger repeated responses
- ✓ Be prepared to enter uncharted territory, the mind feels safe in familiar patterns

CHANGE *your* EXIT STRATEGY

- ✓ Working more or completely shutting down are poor paths of escape when dealing with stress
- ✓ The myriad of feelings that follow stress need to be called out and identified
- ✓ Once the feelings are identified, journal about them get them out of the gray matter of your mind



Writing will help you process your thoughts and develop an understanding of what you are feeling. These 3 tips are not exhaustive but a starting primer on some of the root causes of our external behavior.

As you begin to explore the power of writing in processing your thoughts and understanding your emotions, consider implementing these three tips as a starting point.

For more in-depth exploration and personalized guidance on addressing the root causes of your external behavior, I recommend seeking out my additional resources, or let's get in touch so we can personally discuss your individual needs and circumstances. Remember, self-awareness and introspection are ongoing journeys, and each step you take brings you closer to greater understanding and personal growth.

For further information, feel free to follow me on my social media accounts, send me an email, or book a call.



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