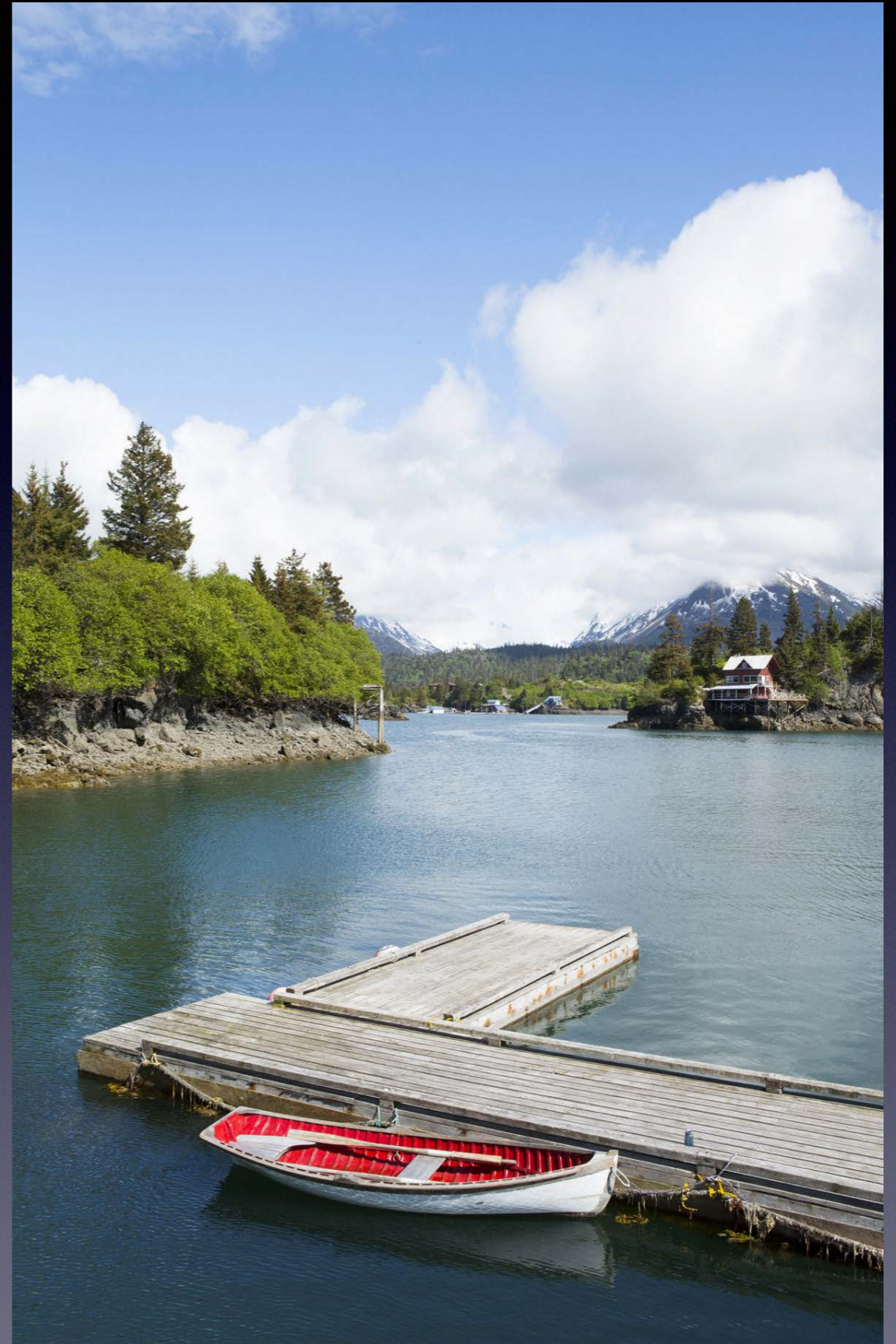


# Baked & Wired

David Nelson, PhD

Thank you  
for being here!

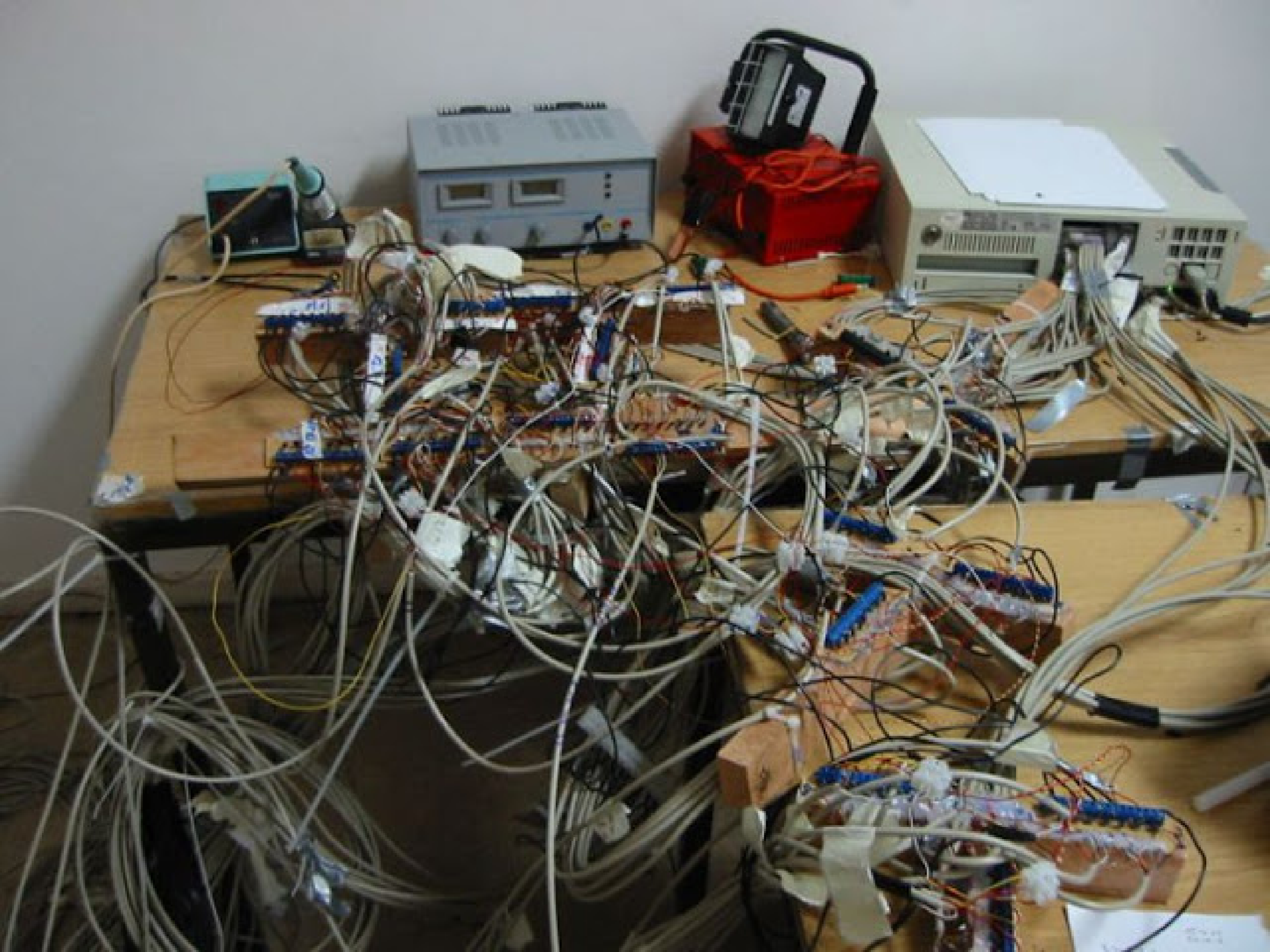


MEDITATION FOR BURN-OUT  
INTERVENTION - AN INSERVICE  
by  
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# Signs and Symptoms of Burnout

- Fatigue
- Physical exhaustion
- Emotional exhaustion
- Headaches
- GI disturbances
- Weight loss
- Sleeplessness
- Depression
- Boredom
- Frustration
- Low morale
- Job turnover
- Impaired job performance
  - decreased empathy
  - increased absenteeism

Perspective  
Opinion  
Samsara

**Reality is a question  
of perspective;.**

Salman Rushdie



**"The greatest deception  
men suffer is from  
their own opinions!"**

**Leonardo da Vinci**  
(1452-1519)

[InspirationBoost.com](http://InspirationBoost.com)

Perception + Opinion  
spins The Wheel of  
Suffering

“My life has  
become quite  
wide.”

Rev. Nonin Chowaney



# Floating World Clouds & Water

Impermanence

No-self





THE GREAT WAY IS NOT DIFFICULT FOR THOSE WHO HAVE NO PREFERENCES.  
WHEN LOVE AND HATE ARE BOTH ABSENT  
EVERYTHING BECOMES CLEAR AND UNDISGUISED ...

—HSIN-HSIN-MING

Zen makes  
your mind like  
Teflon.

Nothing sticks!



$$P \times R = S$$

Pain times Resistance equals Suffering

Hint: Opinions are Resistance

# Mindful Reframe

“Hello, (what bugs ya), Thank you for being here. Come watch me ‘now-doing.’”



# Centering Activities

- Connect to breathe
- Focus on what needs doing
- Labeling
- Tai Chi/Qigong
- Walk in the woods
- Guided imagery

Clarity is found in  
stillness

“There are no  
mistakes.  
Only  
discoveries.”

-Shinzen

