BURNOUT PREVENTION

Staying Rooted in Resilience & Your Why

Presented by Maria Serbus,
Owner/Founder at Maria Serbus, LLC



Meet the Presenter

Maria

Owner/Founder of Maria Serbus, LLC

Public Speaker | Coach | Consultant

- Leadership Mentor & coach for Founders, High level leaders, CEOs, and entrepreneurs
- Biofeedback HeartMath certified professional & Specialist in nervous system regulation & resilience work for high achievers
- Masters in Occupational Therapy & 8 years in healthcare & mental health

TRAINING FOCUS

- Why Burnout Prevention Matters: Impact of Stress & overwhelm on the body & your leadership capacity
- Science-backed resilience tools to use on the go
- Perspective shifting when navigating busy weeks, high level commitments, and conflict in life & business
- Staying rooted in your purpose & why

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Burnout isn’t just exhaustion.
It’s a disconnection.

from purpose, from self, from why the work matters

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Intention Setting



Facts on Stress

Roughly 50% of employees in the U.S. and Canada report feeling a lot of stress on any given day, and 75% to 84% say work is a significant source of stress or impacts their mental well-being

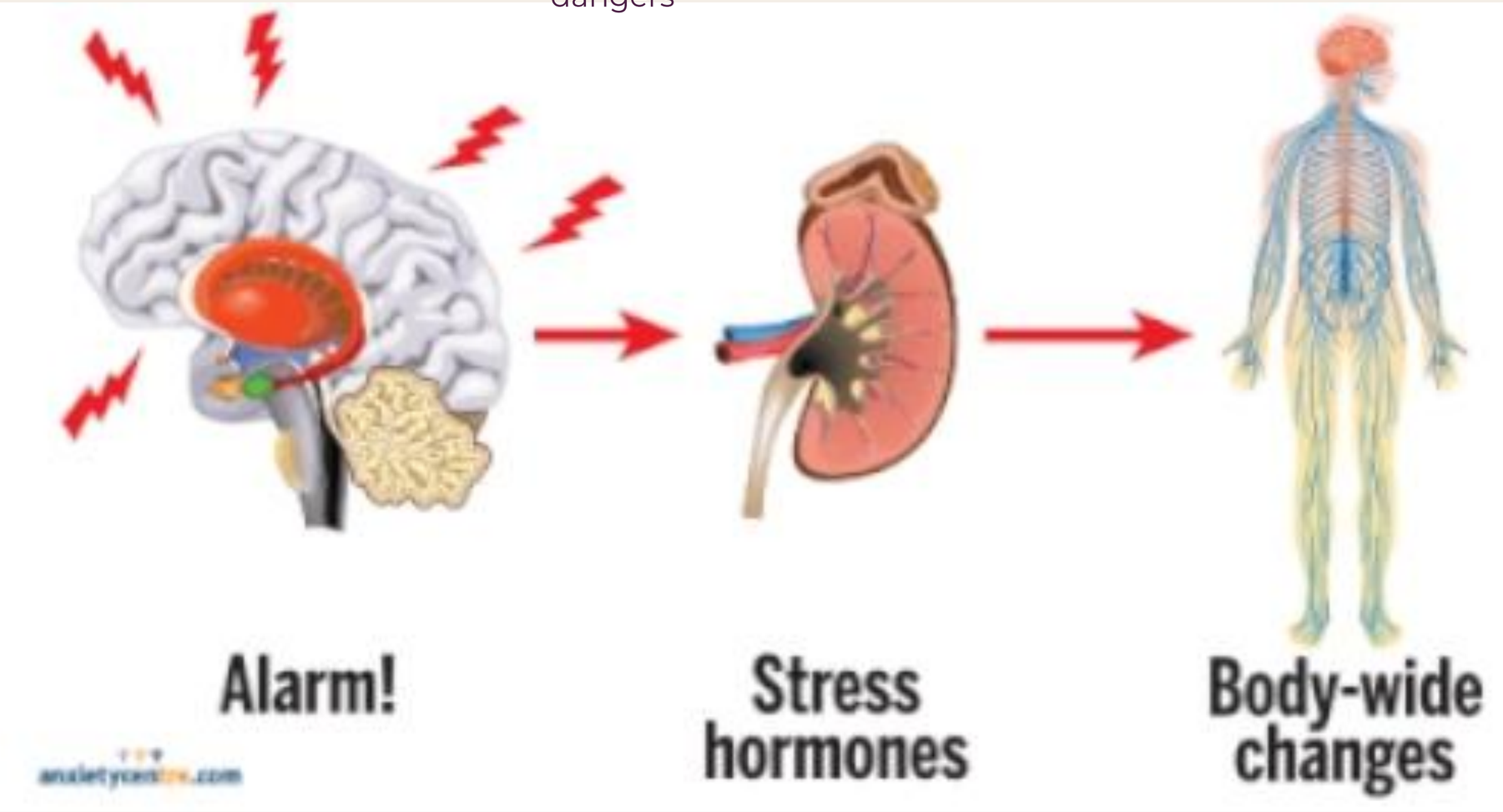
Stress in America - 2025 APA Work Survey - https://www.apa.org/pubs/reports/work-in-america/2025

Return on Investment: For every $1 an employer spends on mental health support and resources, they see a $4 return in productivity gains.

OSHA - https://www.osha.gov/workplace-stress

Stress Impact on our Body

Our body has a natural stress response to help protect us from perceived dangers



Protect, Freeze, Run, Jump into ACTION!

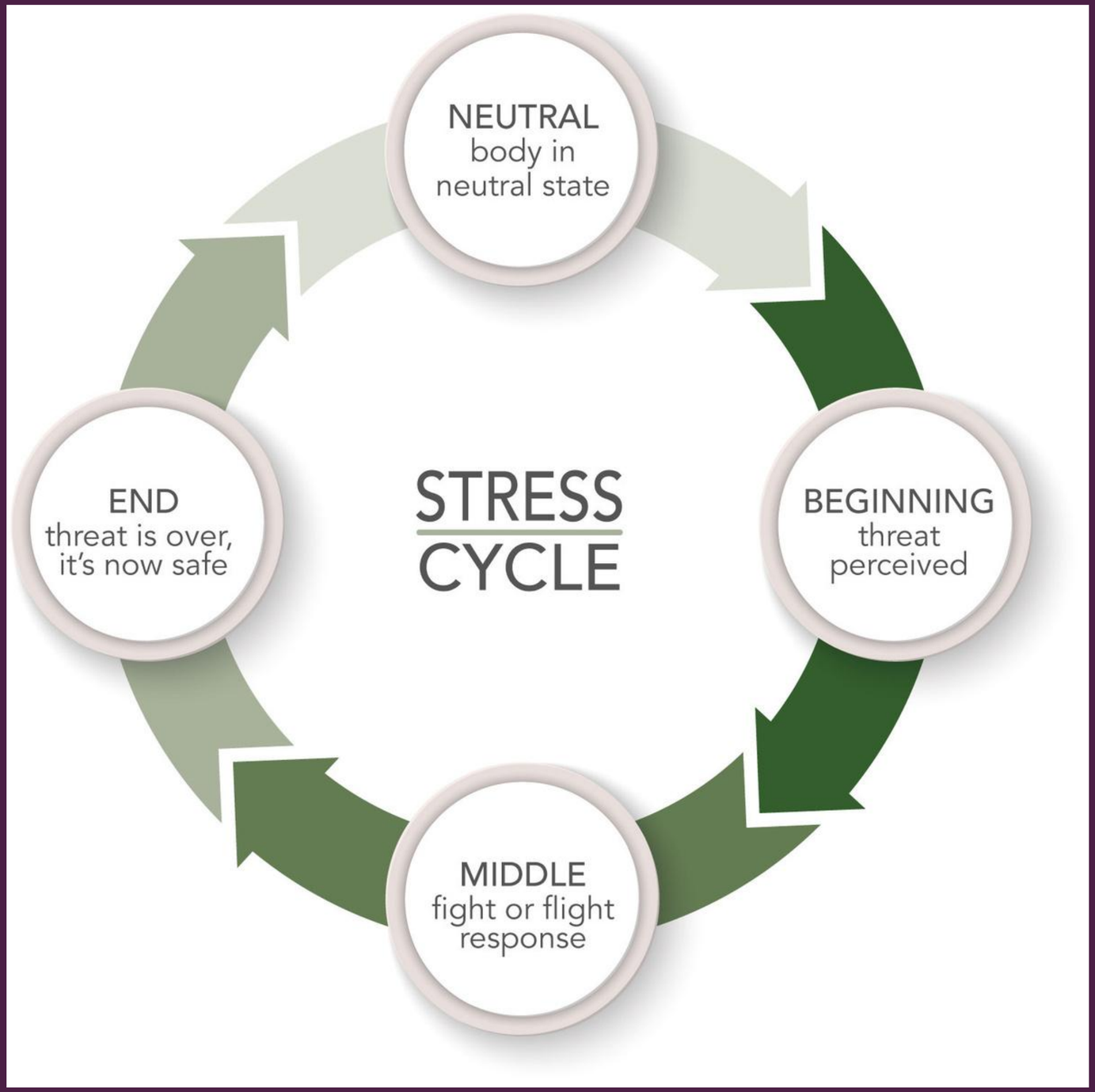


Photo from:
https://stfrancisherbfarm.com/blog/stress-management-resolving-the-cycle-of-stress/

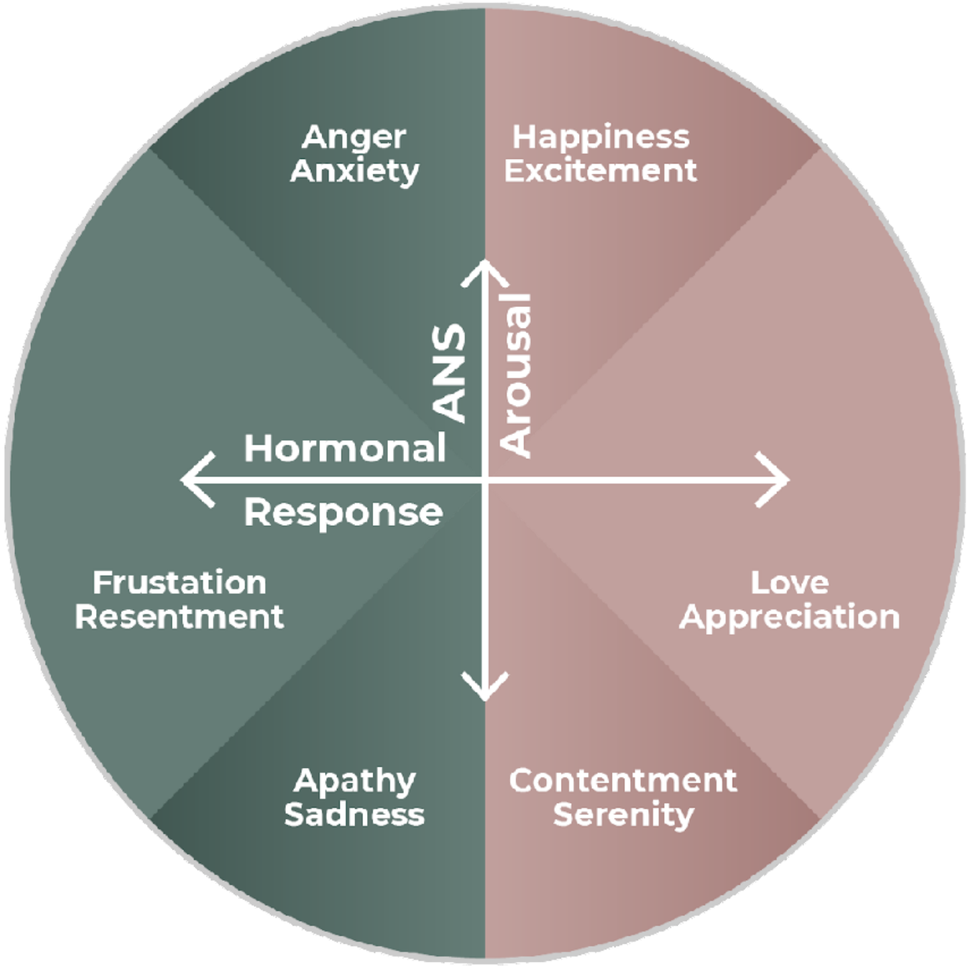
Depletion

High

Renewal

Cortisol

Highly activated fight/flight system, higher amounts of cortisol in the body, chaotic HRV pattern



DHEA

Heart Coherence=energy efficient manner, synchronized, balanced state of being.

HeartMath Institute

STRESS INVENTORY

1. In the last week, what has caused stress? Work/personal life related.
2. What are my current stress management tools?
3. After today’s workshop, what’s 1 thing I could do to manage or prevent burnout?

Stress Management Strategies

- **Mindset based approaches** – mindfulness, meditation, expressing gratitude, journaling, mindset coaching, therapy, affirmations, etc.
- **Body based approaches** – Body Scan Mindfulness, Yoga, Heavy work/Sensory tools, Essential Oils, Biofeedback, Massage, Facial, Time outside in nature
- **Self Care - Leisure** – Planning in activities in your week that bring you **joy** and you consciously work to induce a positive stress emotion in your body while doing these activities

Body Based Resilience Approaches



manage the stress response, to help shift your perspective

PERSPECTIVE SHIFTS

What am I learning through this?

What is this lesson teaching me about myself (or this group, role, etc.)

Where can I speak up and speak my truth?

Where can I step back, pause, and see another person’s perspective?

YOUR PURPOSE, YOUR WHY

What wakes you up in the morning?

Why did you choose this line of work?

What is the change or impact you hope to see

(or have seen?)

COME BACK TO YOUR WHY



“Your why isn’t just where you start.

It’s where you return.”

What’s my way back to my why on the hardest day?

TAKEAWAY

AHA OR
TAKEAWAY
FROM TODAY



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