

Daily Detox:

Practical Strategies for Stress and Burnout Prevention in Helping Professions

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Introduction



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Counselor | Wellness Educator | Speaker

- ❑ Experience in college counseling, career development, and violence prevention
- ❑ Former Registered Behavior Technician (RBT), supporting young adults in vocational skill-building through clinic-based businesses
- ❑ Passionate about making mental wellness accessible, especially for students, professionals, and helping roles
- ❑ Sometimes experiences burnout

Objectives

Understand



How burnout manifests in diverse ways across individuals, roles, and environments within helping professions.

Examine



How reactive self-care differs from proactive burnout prevention in both intention and impact.

Explore



The Daily Detox model and discover ways to tailor it to individual needs and work styles.

Engage



In hands-on exercises to create a personalized wellness check-in routine that supports daily balance.

What does PTO stand for?

Green Mile



https://youtu.be/K4_RpN8lR78?si=oYEOG1LzQ7edl5mz

What is Burnout?

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Definition: Burnout is defined as a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.

It is characterized by three dimensions:



Feelings of energy depletion or exhaustion



Increased mental distance from one's job, feelings of negativity and cynicism related to one's job



Reduced professional efficacy

Literature



The Burnout Alarm Was Sounded in the 1970s

Risk identified in “people professions” — helping, healing, and educating roles

Freudenberger (1974, 1975) called it “a state of emotional exhaustion”

It’s Not Just Workload — It’s Life Balance

Researchers urged focus on job-life fit vs. just cutting hours

Maslach (1982), MacBride (1983), Riordan & Seltzer (1992)

We Knew This... But We Still Normalize It

Calls for better support and boundaries go back decades

How are we here in 2025?

Burnout Warning Signs

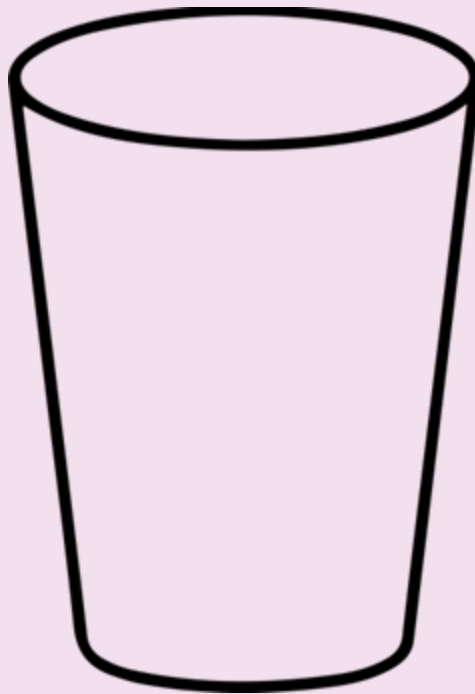
1. Emotional Exhaustion:
Leads to fatigue, headaches, detachment
2. Negative Attitudes:
Withdrawal from colleagues and clients
3. Avoidance Behaviors:
Frequent absences, leaving early, extended breaks
4. Impact on Team Morale:
Creates resentment among coworkers



Let's talk about it. . .

- ❑ What are some signs of burnout *you've noticed* in yourself or your coworkers — even if no one said it out loud?
- ❑ How did it show up physically?
- ❑ What kind of language did you start using more?
- ❑ What did you stop doing that used to bring you joy at work?

What's in your cup?



PHYSICAL WELLNESS

Includes elements such as exercise, nutrition, sleep, and regular check-ups.

EMOTIONAL WELLNESS

Highlights self-awareness, emotional regulation, resilience, and seeking support when needed.

Holistic Wellness



MENTAL WELLNESS

Incorporates aspects like stress management, cognitive activities, mindfulness, and relaxation.

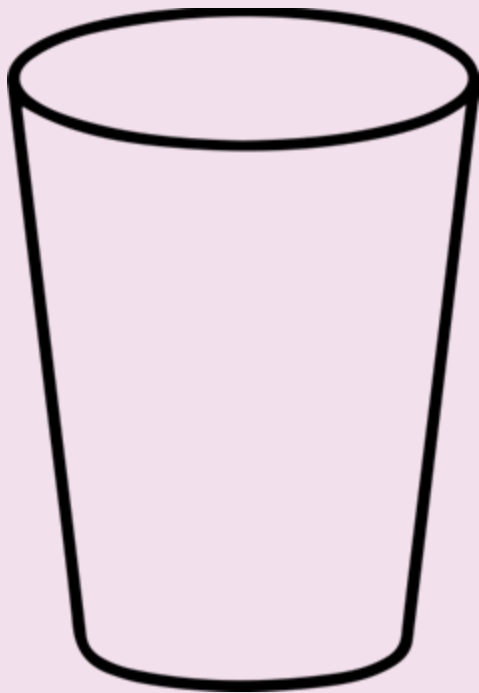
SOCIAL WELLNESS

Represents relationships, social support, community involvement, and effective communication.

Daily Self-Care: Boosting Wellness at Work

- ❑ Setting Boundaries (Show, Don't Tell)
- ❑ Use Your Vacation Time
- ❑ Advocate for Your Needs
- ❑ Mindfulness
- ❑ Self-Check-Ins
- ❑ Remember Your Why
- ❑ Talk to Your Support System
- ❑ Realistic Goal Setting
- ❑ Improved Communications
- ❑ Knowing Your Capacity

Now... What's in your cup?



Daily Detox

Understand, Examine, Explore, Engage



5 5 to Thrive: Daily Detox for Sustainable Wellbeing

1 Prevention

Considering self-care and boundaries, how do you plan to assess yourself?



2 YOUR SIGNS OF BURNOUT

Please list your social, emotional, cognitive, and behavioral signs.



4 SOURCES OF SUPPORT

Who can you go to for emotional, informational, or instrumental support?

5 THREE S.M.A.R.T GOALS

Use this method for setting clear, actionable, and achievable objectives by ensuring they are Specific, Measurable, Achievable, Relevant, and Time-bound

3 COPING STRATEGIES

What can you do if you start feeling the effects of burnout?



Connect With Me. . .

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