



**Ronald Mah, M.A., Ph.D.**

**Licensed Marriage & Family Therapist, MFC32136**

Psychotherapy, Parent Education, Consulting & Staff Development

433 Estudillo Ave., #305, San Leandro, CA 94577-4915

(510) 614-5641 Office - (510) 889-6553 fax - E-mail: [Ronald@RonaldMah.com](mailto:Ronald@RonaldMah.com) - Web: [www.RonaldMah.com](http://www.RonaldMah.com)

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## **BURNOUT DANGER!!**

### **On Staying Physically and Emotionally Healthy**

#### **A. PHYSICAL ISSUES**

1. Rest & Sleep- Sleep deprivation issues
2. Diet- Low Blood Sugar issues and craving
3. Relaxation- Breathing, holding tension in body
4. Stimulation/Diversion- Balance in life, getting away

#### **B. PSYCHO-EMOTIONAL ISSUES**

1. The Emotional-Psychological-Physical Relationship
2. Intra-personal Issues- On Knowing Yourself (You w/You)
  - a. **Twilight Zone Problems**  
Wearing yourself or stressing out over being stuck in psychological messes. Control. Shame. Significant. Being like the bad parent/teacher. Being available not like the bad parent/teacher. Projecting your pain onto the other.
  - b. **Temperamental self evaluation**
  - c. **Stress Response Styles: Stress Builders & Stress Releasers**
  - d. **Self-Esteem**  
Acceptance/Significance, Power & Control, Virtue, Competence
3. Interpersonal Issues (You w/Others- especially Colleagues & Parents)
  - a. **The CDR Contract**
  - b. **Boundary Problems**  
Separation & Enmeshment
  - c. **Communication Skills**
  - d. **Validation/Invalidation**  
-on supporting others while maintaining integrity  
Defensive Styles that preclude validation
4. Management/Discipline Issues (You w/Kids)
  - a. **Misdiagnosis**- A Diagnostic Hierarchy

#### **C. SELF-CARE / SELF-NURTURING**

1. On NOT Giving 100% / On Giving 90%
2. Learning How To Selectively Let Things Go
3. Taking Care of Yourself.....FIRST!!