

The Mind

Help! I've Lost My Mojo

Text **Robert Andrews, MA, LMFT, CSC**

Dear Robert:

I seem to be enjoying my work less and less. I don't have the same enthusiasm; what used to be fun I now see as long hours and weekends away. What can I do to get my motivation back?

What you describe sounds like burnout, which results from facing prolonged and excessive stress without taking the time and using the resources needed to recover emotionally, mentally, physically and spiritually.

Symptoms of burnout tend to be more mental and emotional, rather than physical, and can look like:

- Apathy
- Irritability
- Powerlessness
- Detachment
- Hopelessness
- Emotional and physical exhaustion
- Isolation
- Anger and frustration
- Anxiety about work

As you know, an ounce of prevention is worth a pound of cure. Here are the best ways I know to prevent burnout:

- Get regular sleep.
- Eat a healthy breakfast every morning.
- Drink adequate amounts of water.
- Eat healthy snacks at mid-morning and mid-afternoon.
- Take a short break right before you get busiest with practices and games.
- When you have time off, be OFF. Disconnect from work!
- Don't take it home with you.
- Exercise regularly.
- Know your limits. Get support when you need it; taking on more than you can handle just creates more stress.
- Share your feelings; bottling up emotions raises your stress levels.
- Create a support system at work that incorporates some of these suggestions.

As caregivers, we must take care of ourselves first so we'll have the reserves we need to effectively help others.

If you do this, you can slowly rekindle your passion and continue to make a difference in the lives of those athletes you touch.

Robert B. Andrews, an approved expert provider for U.S. Olympic and National team members, is the director of The Institute of Sports Psychology in Houston, where he focuses on working with the injured athlete to help him/her move through the mental, emotional and spiritual issues surrounding sports-related injury. Reach him at robands@wt.net or 713.522.2200, or online at www.tinssp.com.



Have a question you'd like to see addressed in The Mind column? Send it to natanews@nata.org.

**Protection
against your
toughest
opponents
also comes in
a convenient
towelette.**



- No water required, portable
- Fast/Effective
- Provides rapid bactericidal action and has a persistent antimicrobial effect against a wide range of microorganisms
- Contains 70% isopropyl alcohol for immediate kill and 0.5% CHG for persistent antimicrobial effect
- Kills MRSA¹ *in-vitro*



From the
makers of
HIBICLENS®

HIBISTAT®
CONVENIENT ANTISEPTIC TOWELETTE



Biogel
HIBICLENS®
BARRIER

¹Regent Medical Study #030917-150, Regent Medical Study #040907-150, and Regent Medical Study #04001-201.

HIBICLENS, Mölnlycke logo, Mölnlycke logo and Mölnlycke are registered trademarks of Mölnlycke Group of companies. Distributed by Mölnlycke Health Care US, LLC, Norcross, Georgia 30092. © 2008 Mölnlycke Health Care AB. All rights reserved. 1.800.843.8497 www.bibihealth.com