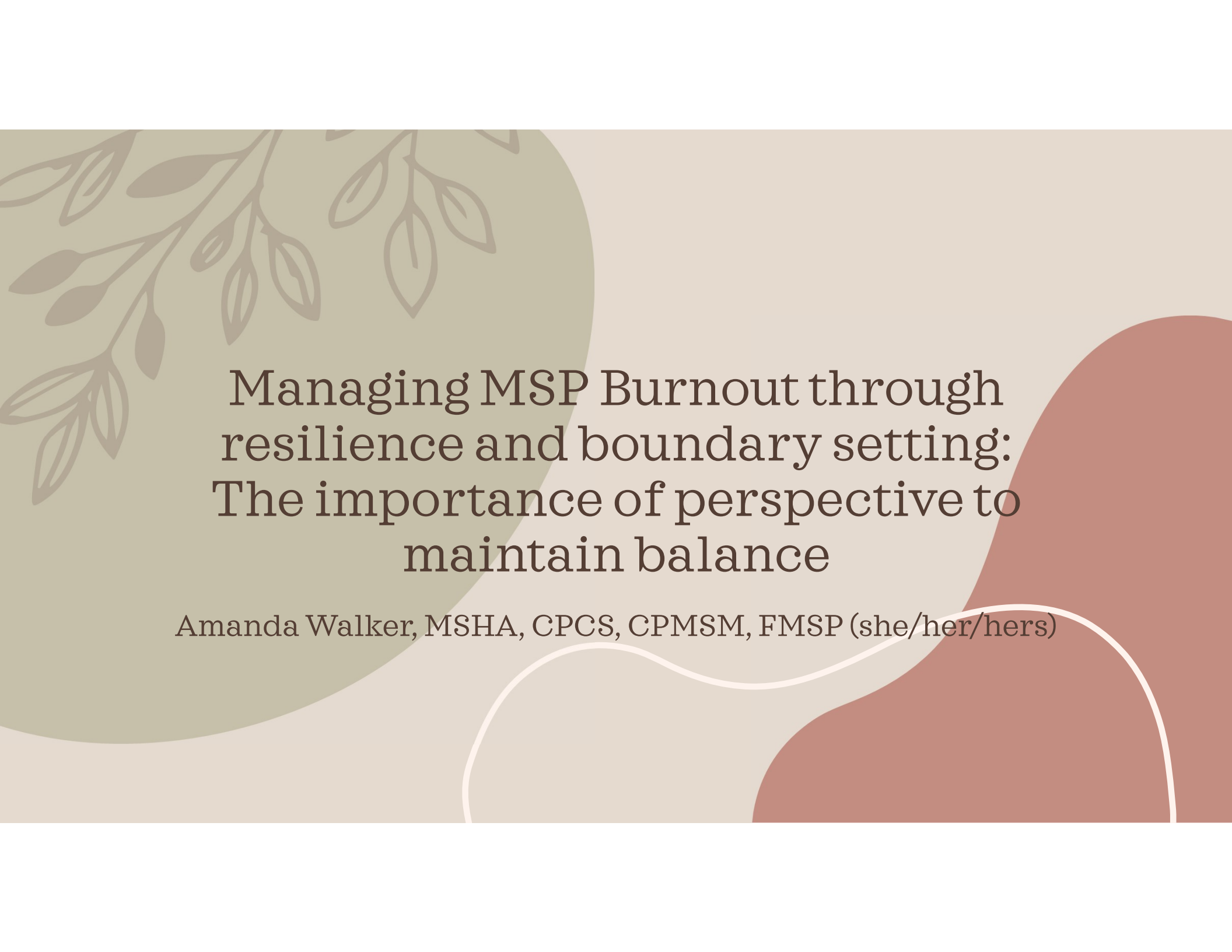




Managing MSP Burnout through resilience and boundary setting: The importance of perspective to maintain balance

Amanda Walker, MSHA, CPCS, CPMSM, FMSP (she/her/hers)

Objectives

- Prioritization and boundaries for balance
- Realistic goal setting
- Sustaining wellness in an uncertain landscape



A stylized, dark grey leaf graphic with several pointed leaves, located in the upper left quadrant of the slide.

agenda

PERSPECTIVE SETTING

BOUNDARIES & BALANCE

TRICKS & TIPS

STEPPING AWAY

REFLECTION



Perspective Setting

Articulating what is most important

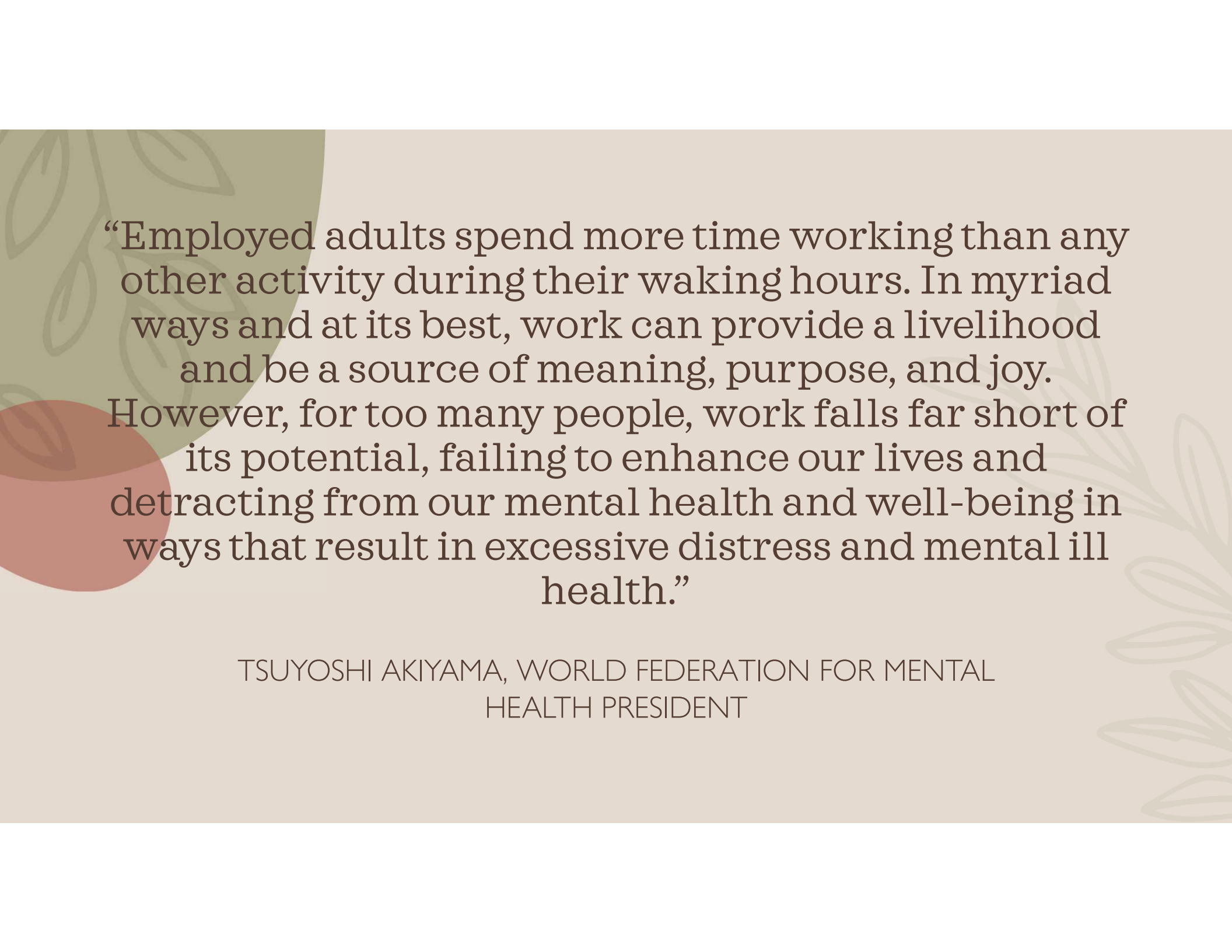
Work/Career

Family

Health

Hobbies





“Employed adults spend more time working than any other activity during their waking hours. In myriad ways and at its best, work can provide a livelihood and be a source of meaning, purpose, and joy. However, for too many people, work falls far short of its potential, failing to enhance our lives and detracting from our mental health and well-being in ways that result in excessive distress and mental ill health.”

TSUYOSHI AKIYAMA, WORLD FEDERATION FOR MENTAL
HEALTH PRESIDENT

Priority versus reality

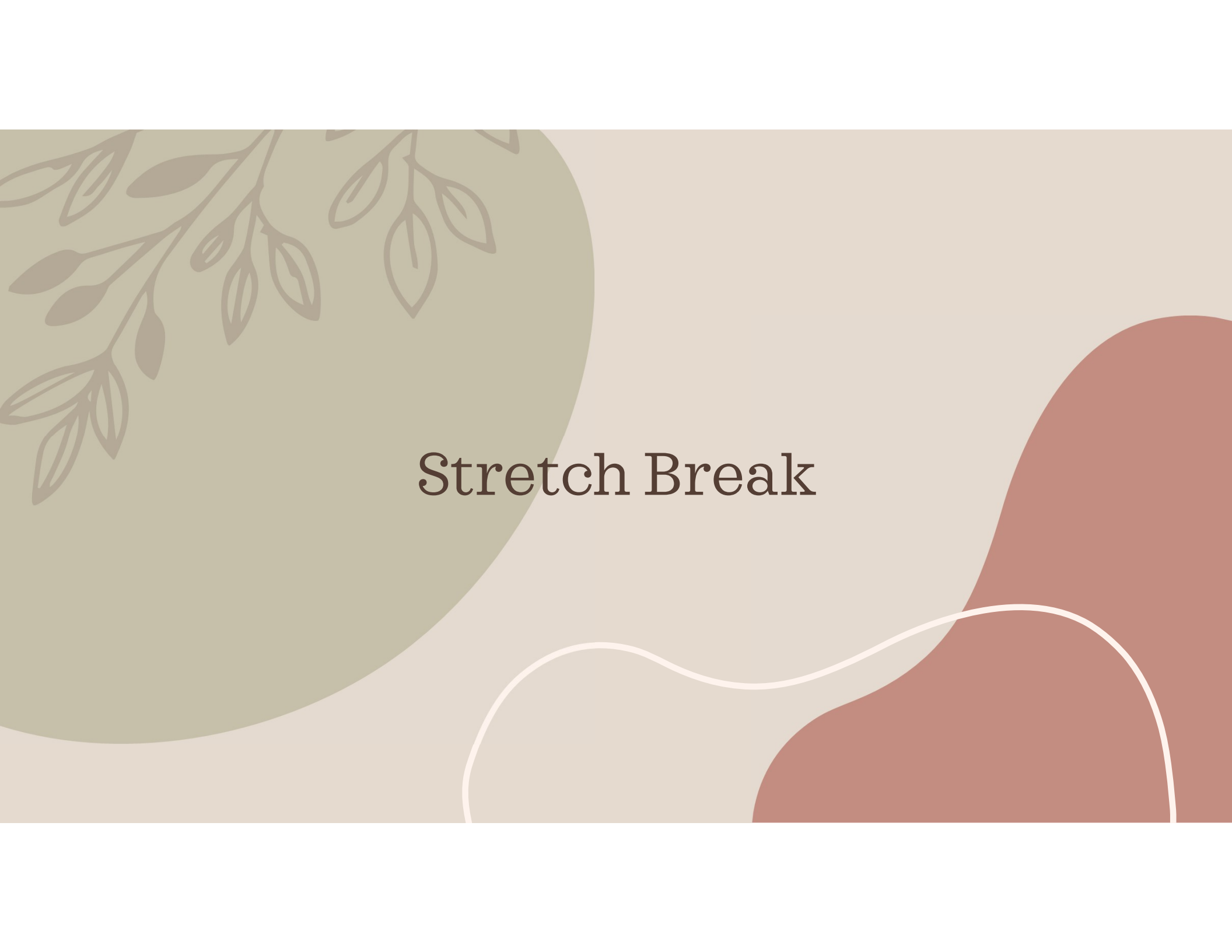
- Where do you spend your time?
- What do you prioritize?
- What does balance look like?
- Where do you want to spend your time?
- What are the barriers?

Boundaries & Balance

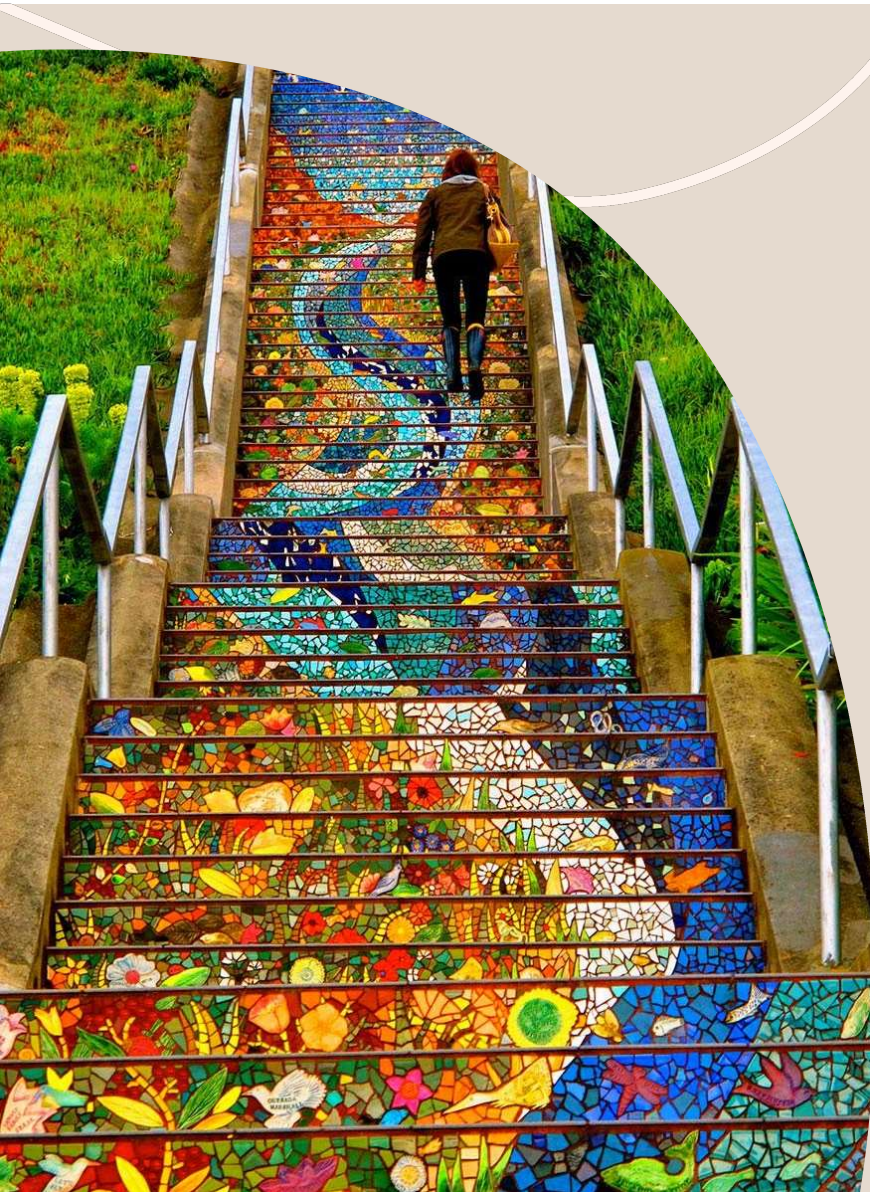


Setting the tone

- Working as a team
- Use metrics and data
- Set realistic goals
- Articulate processes and requirements



Stretch Break

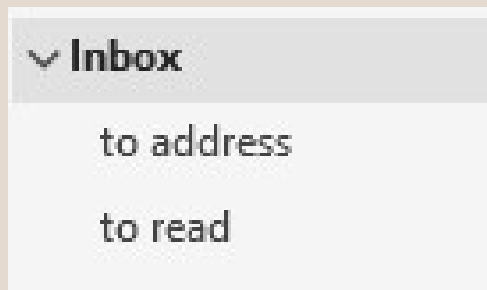


Tricks & Tips

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Practical solutions

- Inbox zero - delete, delegate, do, defer.



All done for the day
Enjoy your empty inbox.

Practical solutions

- Inbox zero - delete, delegate, do, defer.
- Working hours email signature

Practical solutions

- Inbox zero - delete, delegate, do, defer.
- Working hours email signature
- Blocking your calendar

Practical solutions

- Inbox zero - delete, delegate, do, defer.
- Working hours email signature
- Blocking your calendar
- Ask for deadlines & agendas

Practical solutions

- Inbox zero - delete, delegate, do, defer.
- Working hours email signature
- Blocking your calendar
- Ask for deadlines & agendas
- Out of office use

Practical solutions

- Inbox zero - delete, delegate, do, defer.
- Working hours email signature
- Blocking your calendar
- Ask for deadlines & agendas
- Out of office use
- Structuring your day



Stepping Away

Making space

- Prioritize self care



Making space

- Prioritize self care
- Take breaks and time off



Making space

- Prioritize self care
- Take breaks and time off
- Exercise and get outdoors



Making space

- Prioritize self care
- Take breaks and time off
- Exercise and get outdoors
- Connect with others



Making space

- Prioritize self care
- Take breaks and time off
- Exercise and get outdoors
- Connect with others
- Put down the screens



Making space

- Prioritize self care
- Take breaks and time off
- Exercise and get outdoors
- Connect with others
- Put down the screens
- Prioritize your time



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Boundary reflection

thank you

