

Work Smarter – Burnout Less

Ryan Johansen – Stress Less and Get More Done



Stress Less and Get More Done



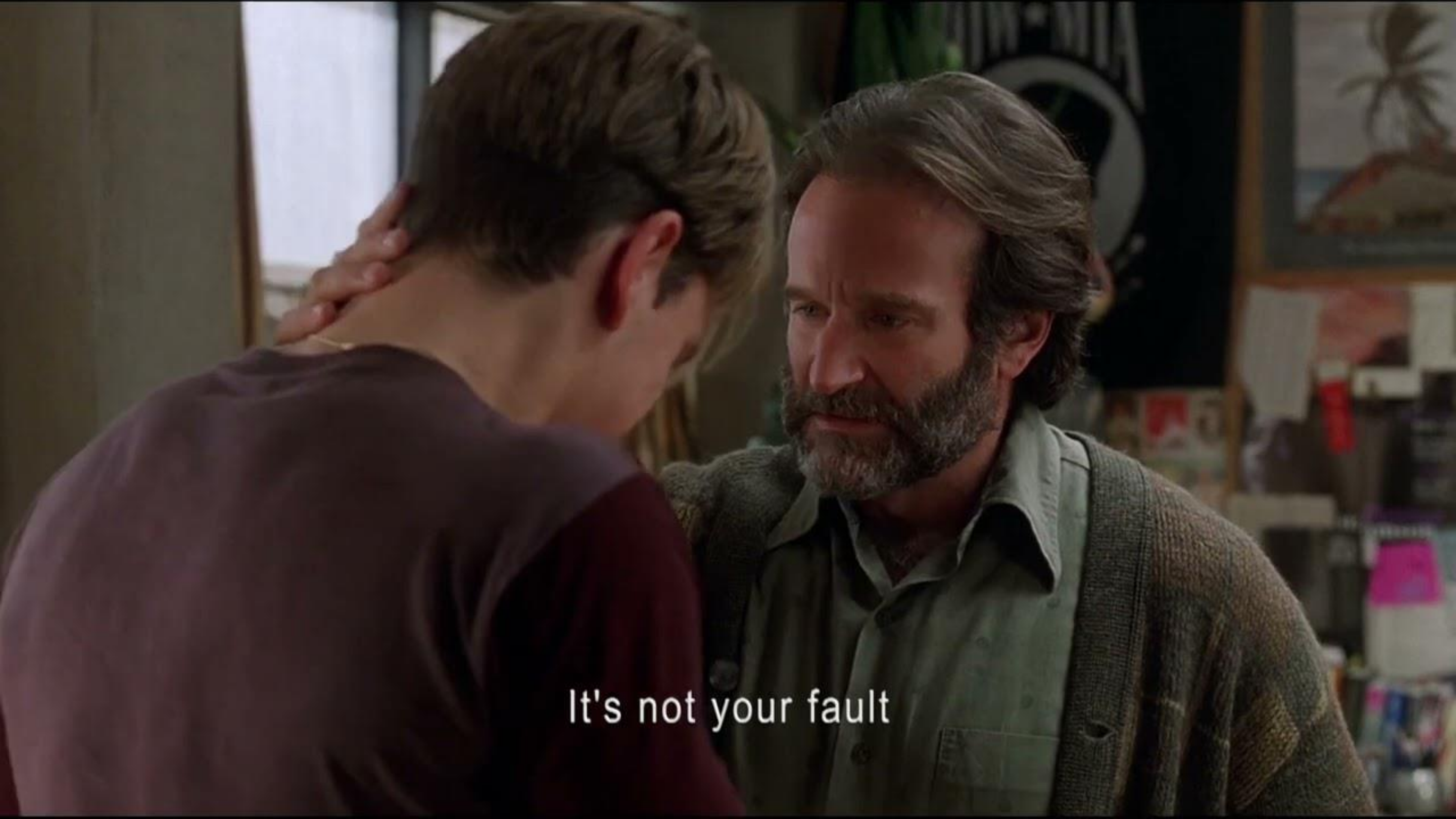
Today's Agenda:

Exercise to go from stress to calm

Tool for where to focus your time

Routine to do more in less time





It's not your fault

My Story

- Got Promoted
- Burned out
- Came Back Stronger
- Helping others avoid what happened to me

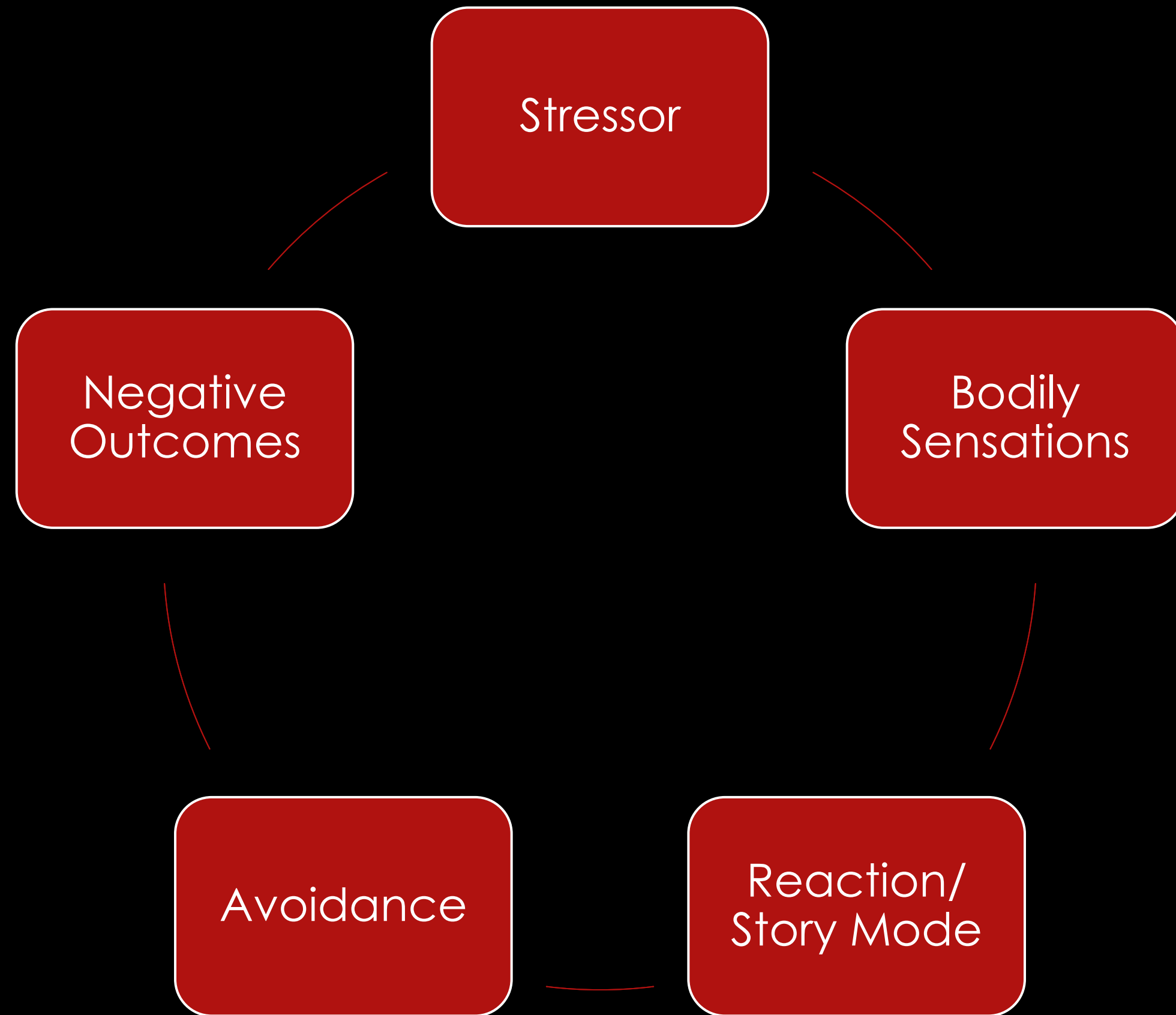


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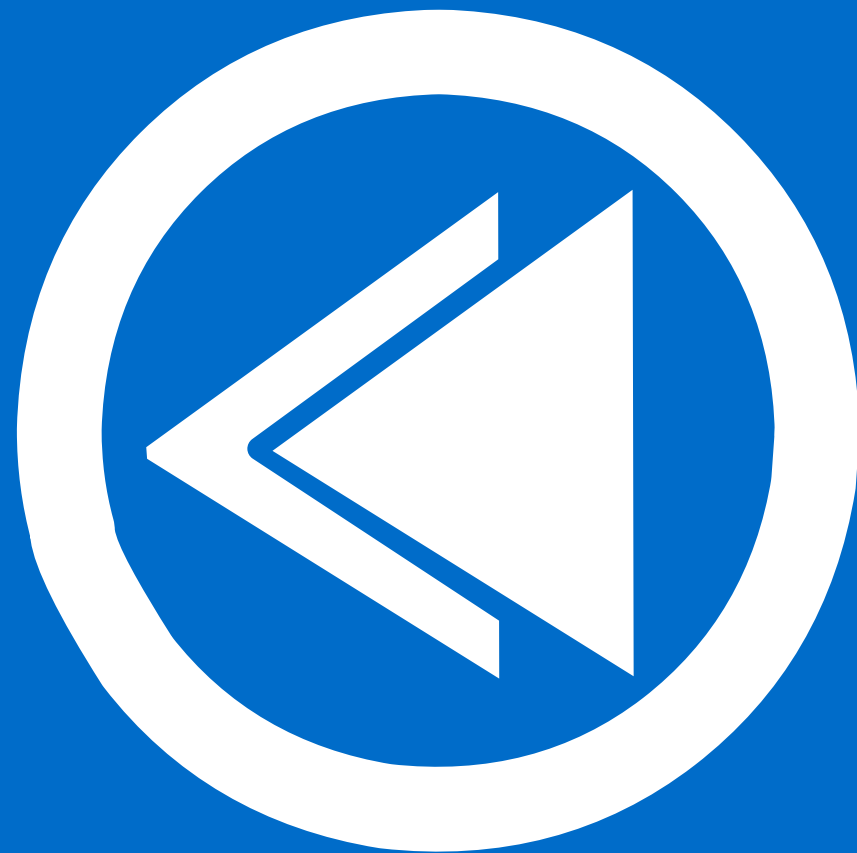
**What's the first word that
comes to mind when you think
about stress?**







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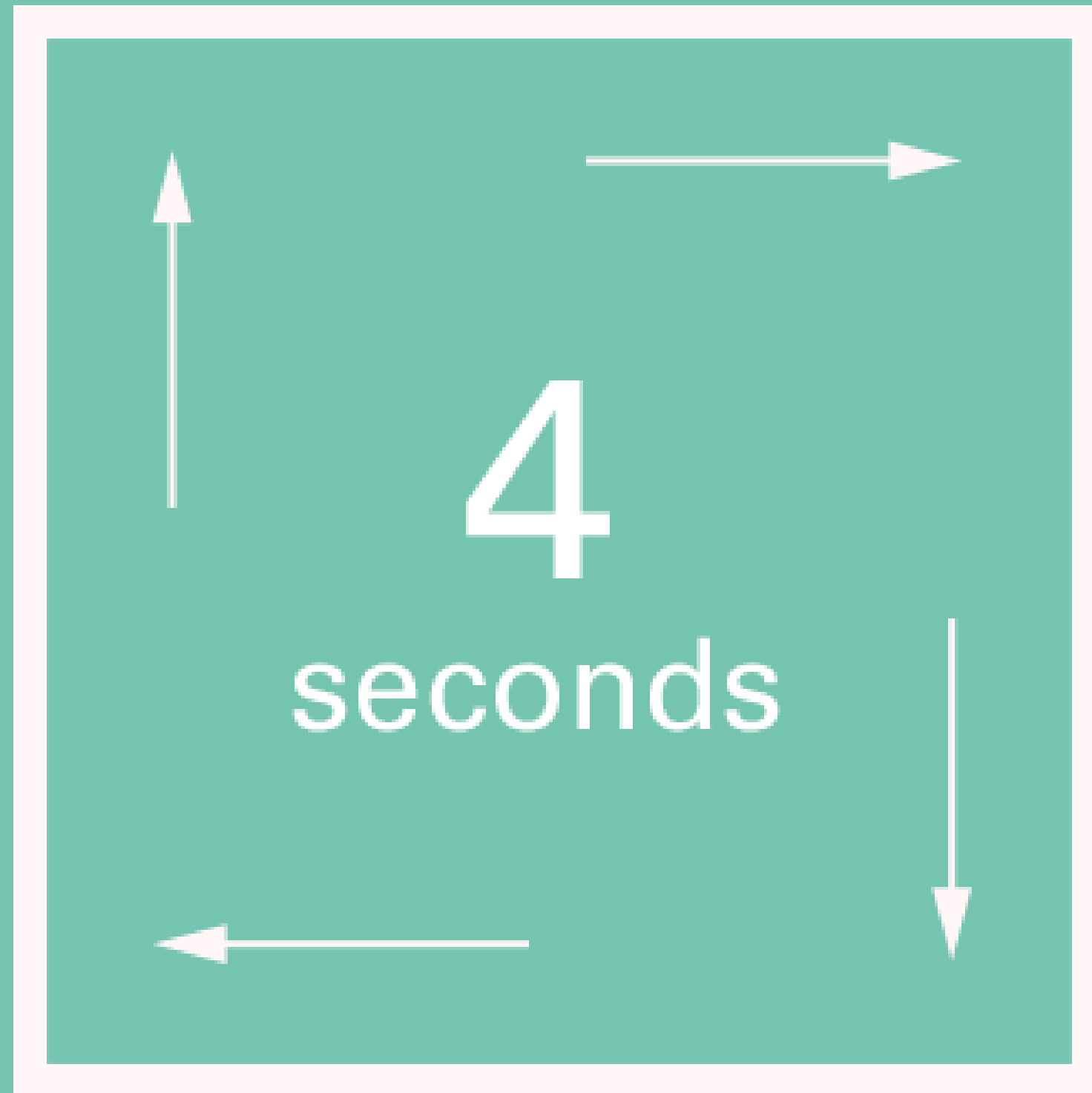
Box Breathing

- **Focus on your breath.**
- **In for 4, hold for 4, out for 4, hold for 4**
- **Repeat the process 4 minutes**
- **Guide on next slide**

Breathe In

Hold

Hold



Breathe Out

STRESS
SYMPATHETIC

CALM
PARASYMPATHETIC

PUPILS EXPAND

PUPILS SHRINK

FAST & SHALLOW
BREATHS

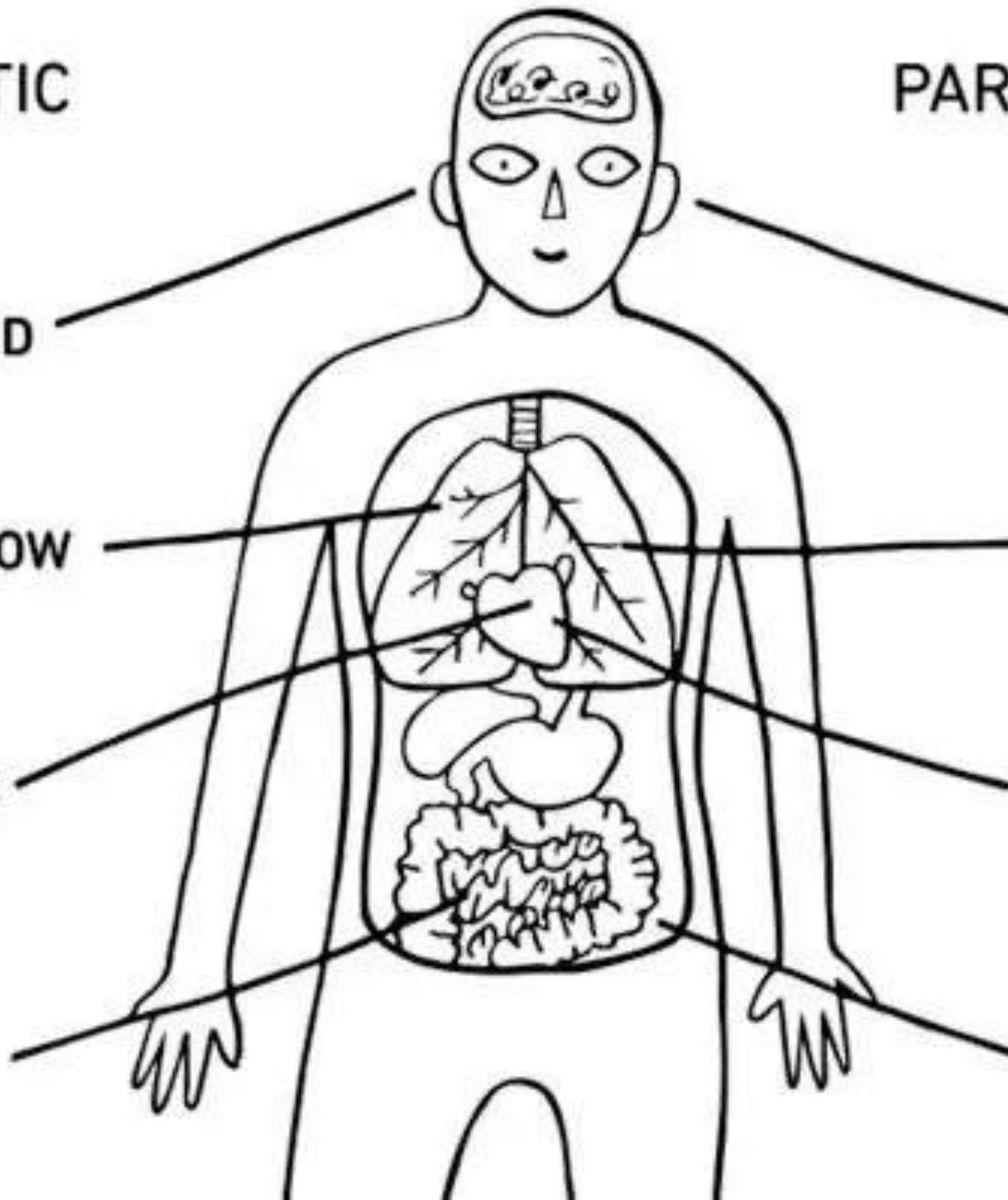
SLOW, DEEP
BREATHS

HEART PUMPS
FASTER

HEART SLOWS

GUT INACTIVE

GUT ACTIVE



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**What's a good situation to use
this technique in?**

The Reality of Modern Work

Overwhelm

- Everything feels important
- Overcommitting
- Feel like you're behind



Chaos

- Hard to plan your day
- Reacting to the day
- Lack of control



Frustration

- Nonstop Interruptions
- Focus is Impossible
- Working a lot for little impact



...and
...of the client meeting.
...a fool's bargain. In try-
ing to keep everyone happy I had sacrificed what mattered most.
On reflection I discovered this important lesson:

**If you don't
prioritise your
life, someone
else will.**

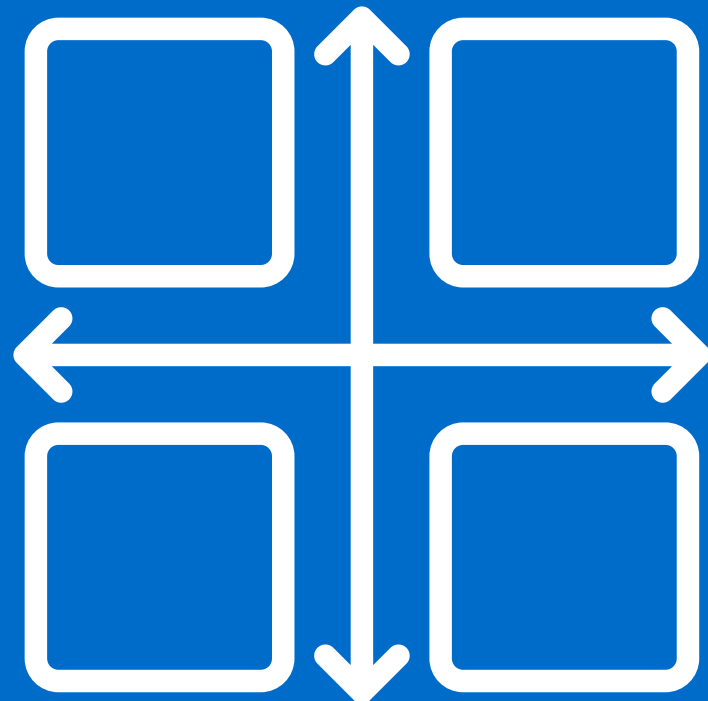
...at experience gave me renewed interest – read, inexhaust-
...ession – in understanding why otherwise intelligent peo-
...e the choices they make in their personal and professional
...hy is it," I wonder, "that we have so much
...s than we often choose to utilize

Having A System

- Increased Clarity
- Better Time Management
- Decreased Decision Fatigue

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The Eisenhower Matrix

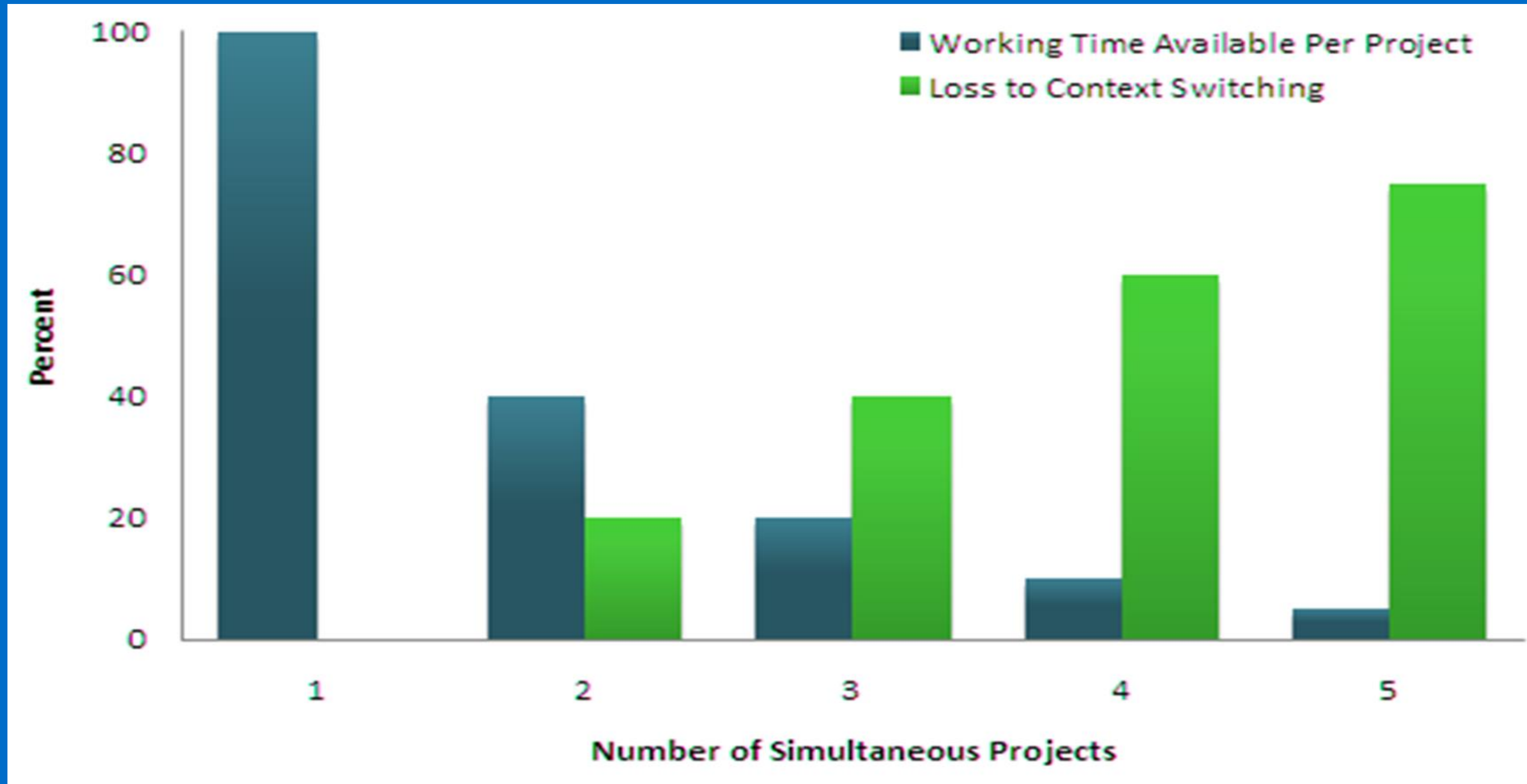


	<div>Important & Urgent</div> <div>Do</div>	<div>Important & Non-Urgent</div> <div>Schedule</div>
	<div>Not Important & Urgent</div> <div>Delegate</div>	<div>Non-Important & Non-Urgent</div> <div>Delete</div>

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**What's the first thing you do to
start your workday?**

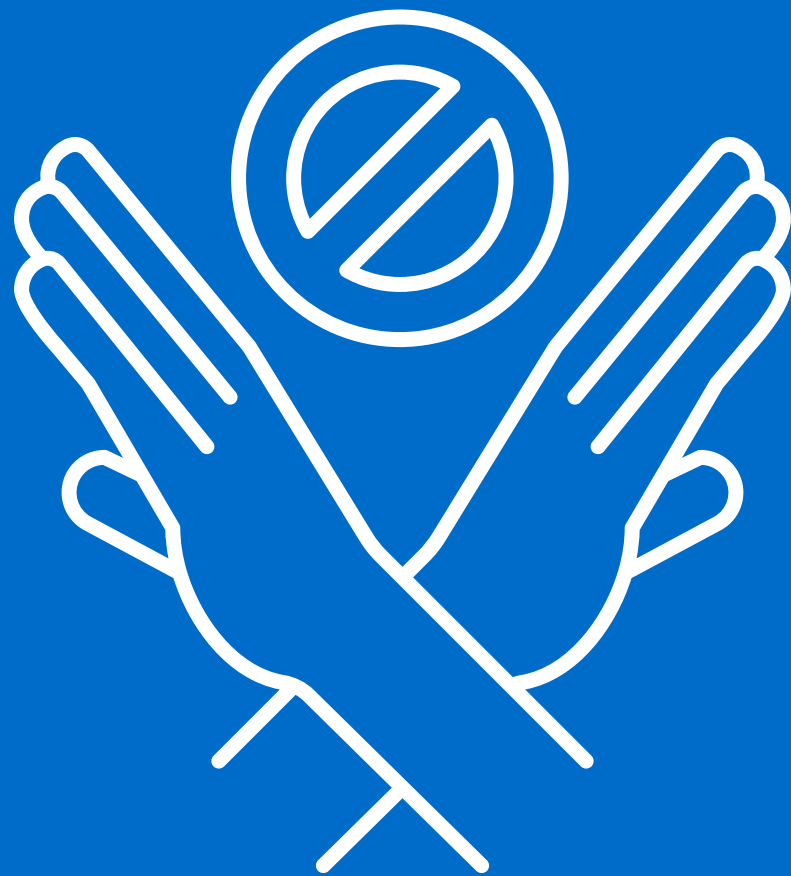
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Digital Boundaries (Examples)

Shutting Off Notifications

Using an app blocker (Freedom/Resucetime)

Shut off your wifi

Phone in another room

Email Filters

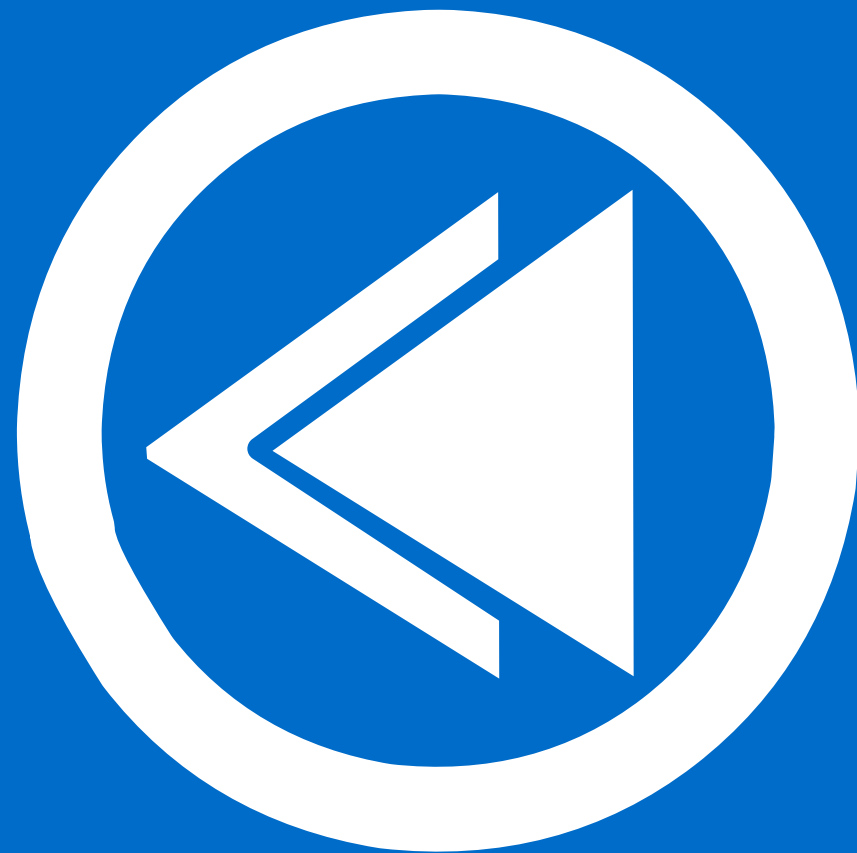
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Routine to do more in less time

- **Write out your 1-3 top things end of the day**
- **Block off time on your calendar**
- **Start with this for 30-60 minutes**

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Recap

Better mental state = Better performance

When everything's important, nothing's important

Reduce multitasking to do more in less time

Want More?

The Simple Productivity OS is a practical workshop series designed to help teams work smarter and increase productivity by *20% in weeks*.



HONEYBOOK

Stavvy

LINKSQUARES

CHURNZERO

