

# Thriving Together: Burnout Signs, Support, and Sustainability



Facilitated by  
Monique Castro, LMFT (Diné/Xicana)

# Facilitator Introduction



**Monique Castro** (She/Her)

(Diné and Xicana)

**Mom, Wife, Aunt, Sister**

**Licensed Marriage and Family Therapist  
Certified Professional Coach**

**CEO/Founder  
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# Check-in

**Name**

**Role(s)**

**How do you know when you are NOT doing well?  
(share 1 example)**



# Learning Objectives

Identify early warning signs of burnout, enabling proactive prevention measures.

Access diverse support systems and strategies to address burnout effectively.

Cultivate sustainable work-life balance through practical skills and resilience-building techniques.

Develop an action plan: Commit to at least two learnings you will implement into your wellness in the upcoming days and weeks



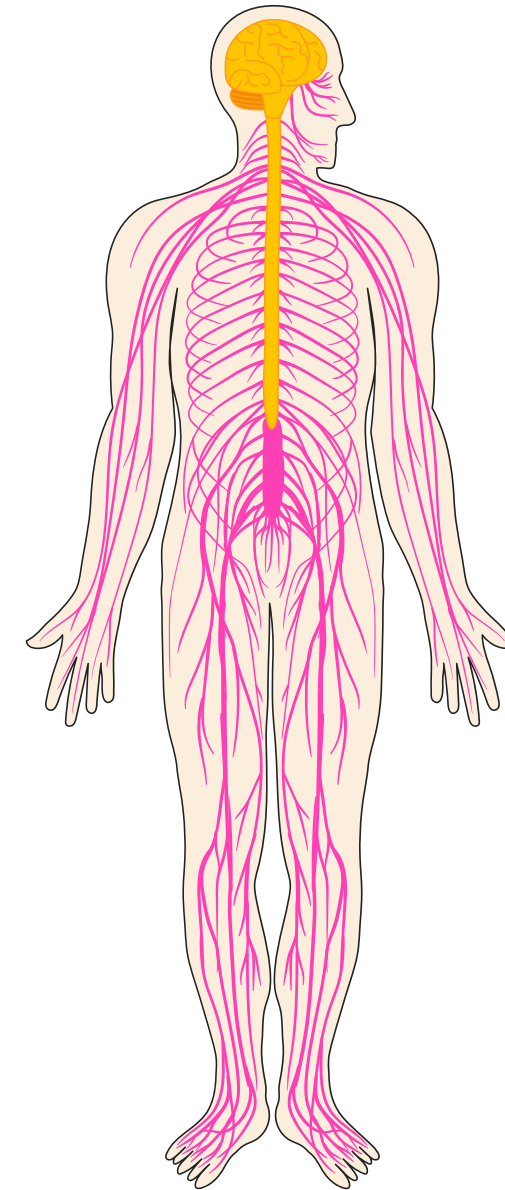
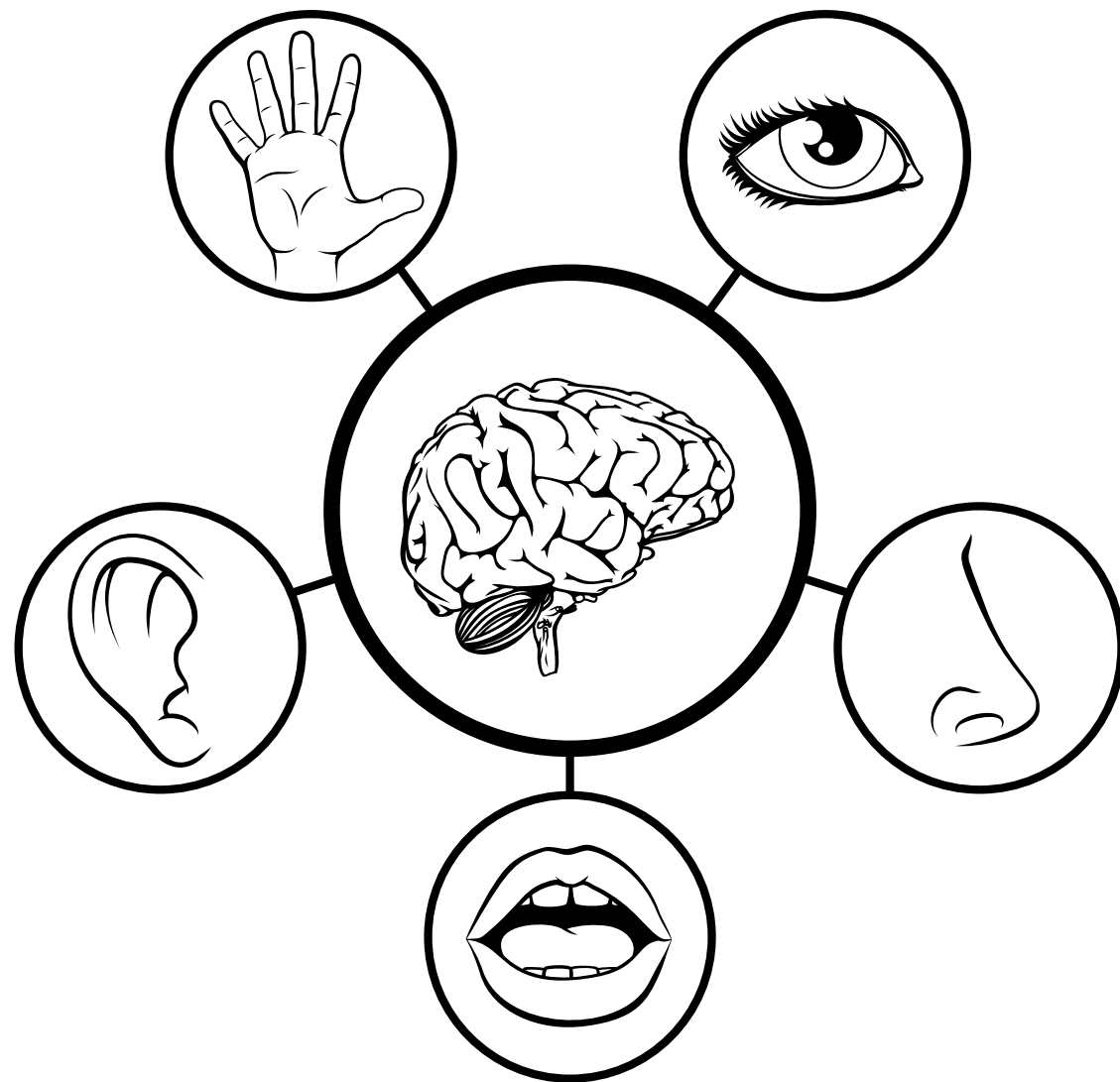
# WHAT IS WELLNESS?

**The Global Wellness Institute defines wellness as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.**



# SIGNS OF BURNOUT

What is our mind & body communicating?

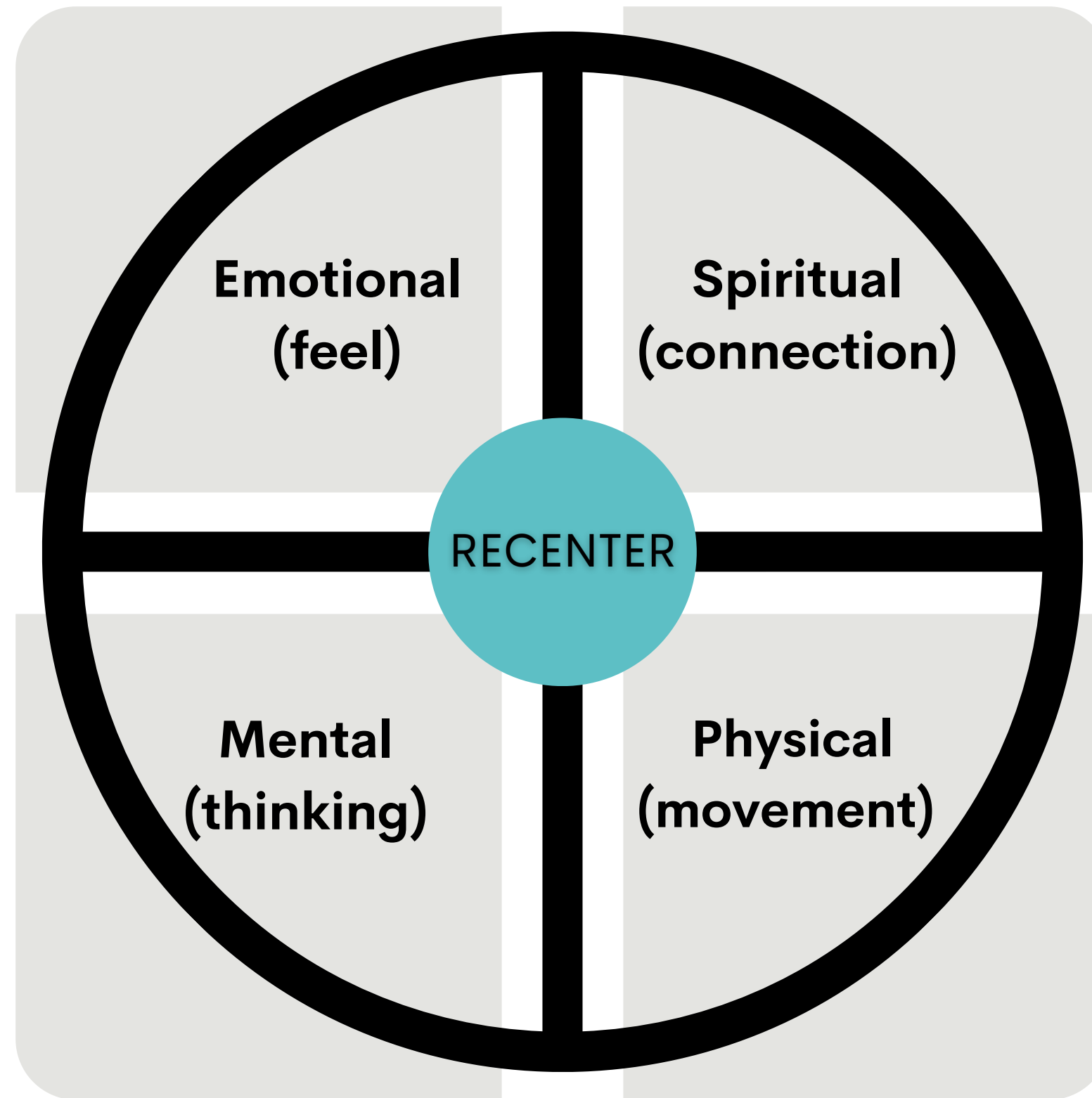


# Table Talk

How do you know when you  
are NOT doing well?

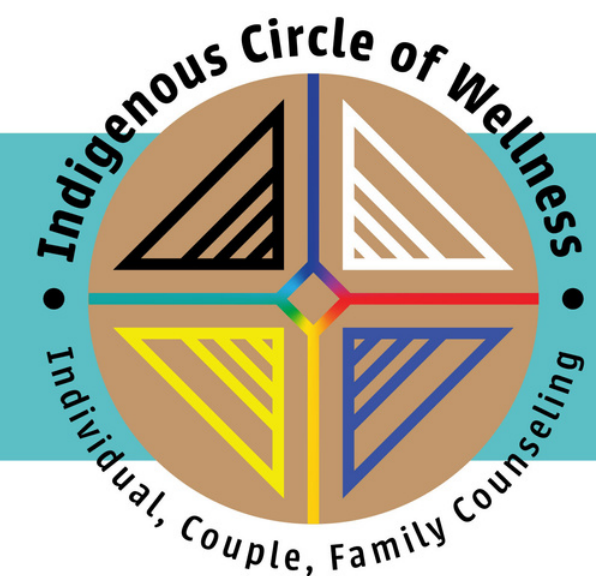
5 minute chat with your neighbor





# The Medicine Wheel

Personal & Collective Wellness

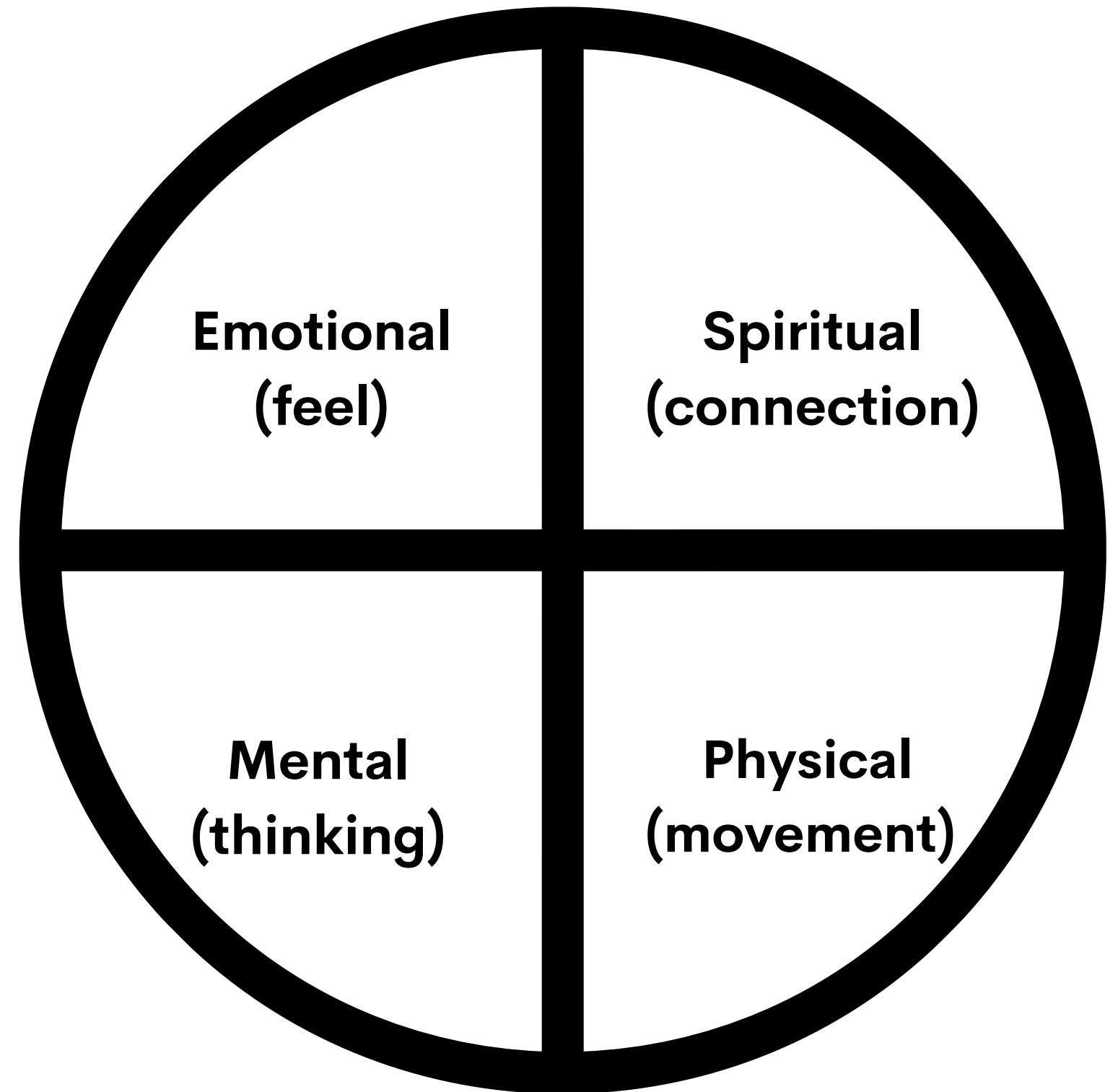
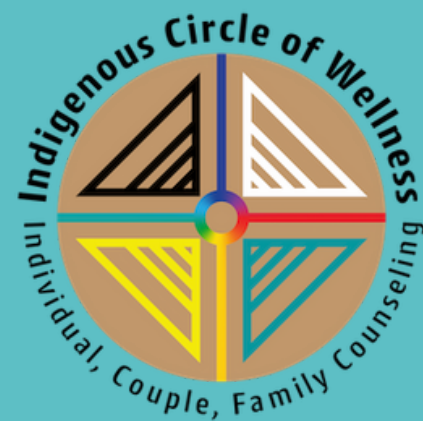




# Personal Wellness Activity

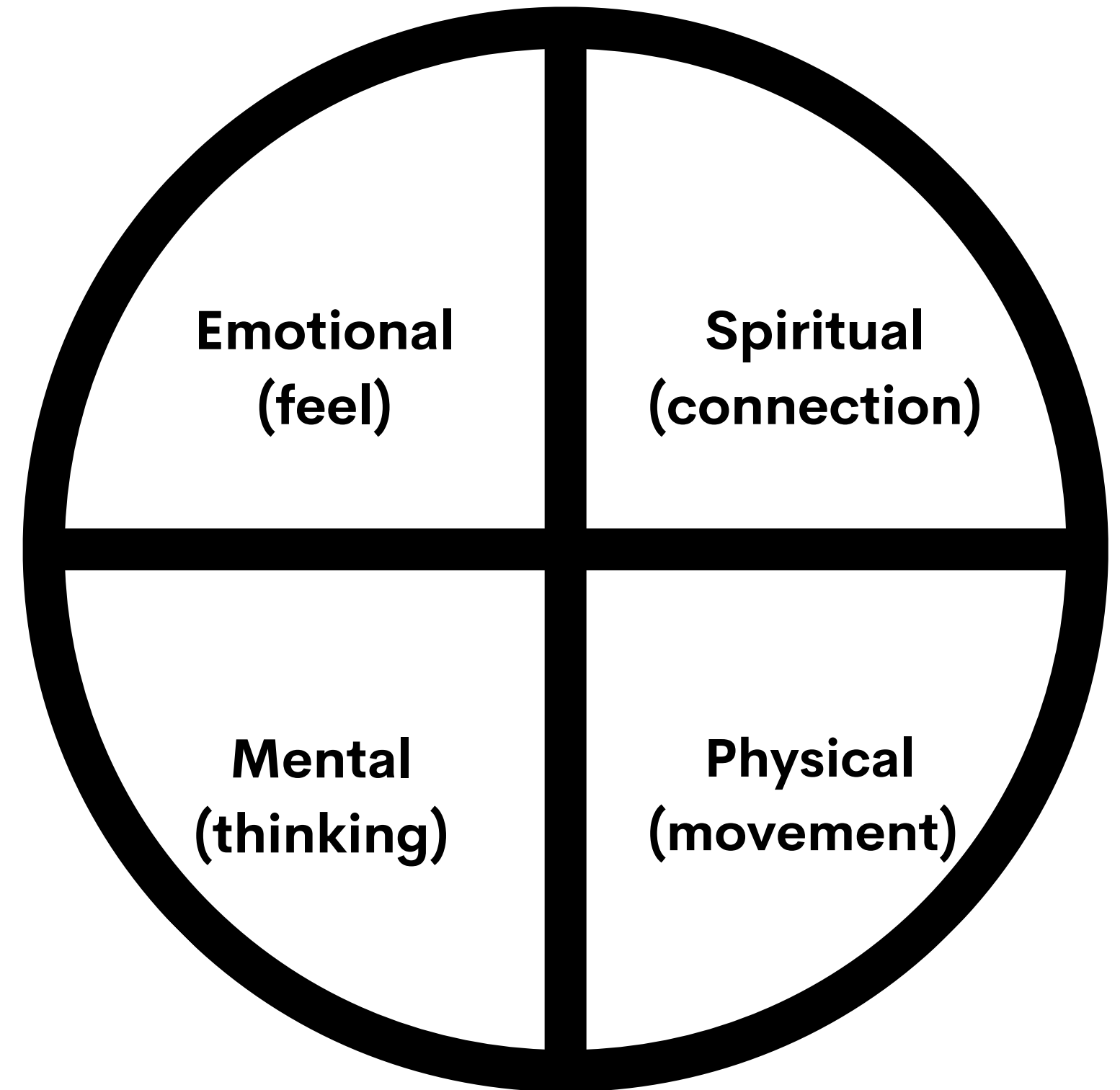
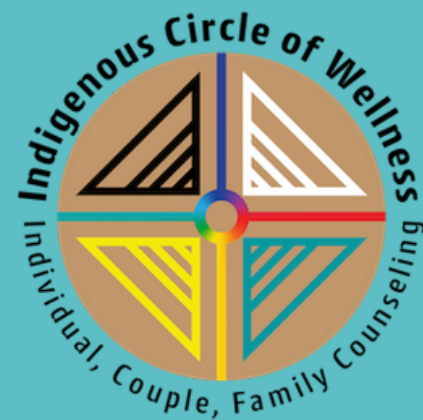
What is working for you?

What are you doing well in?

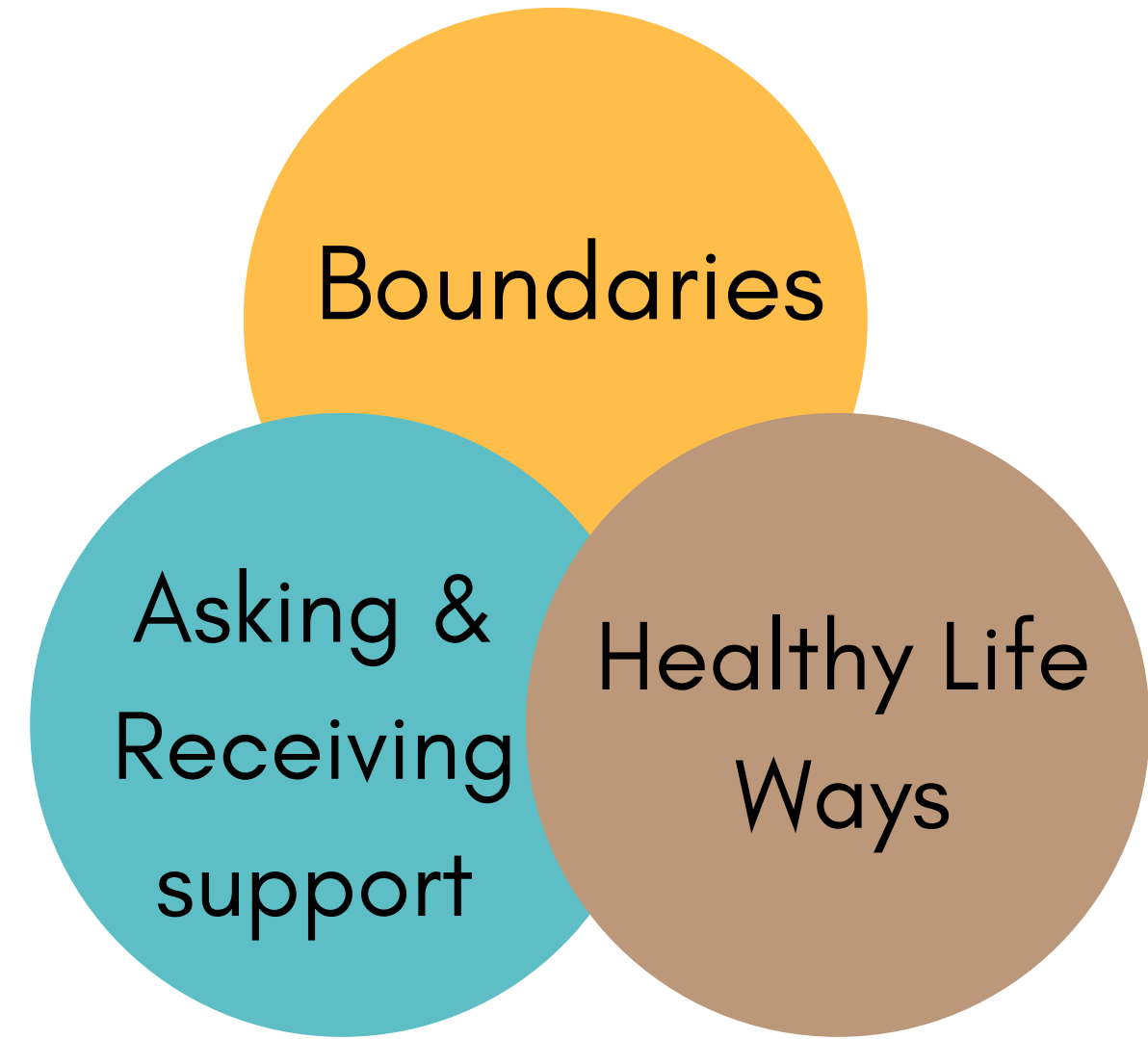
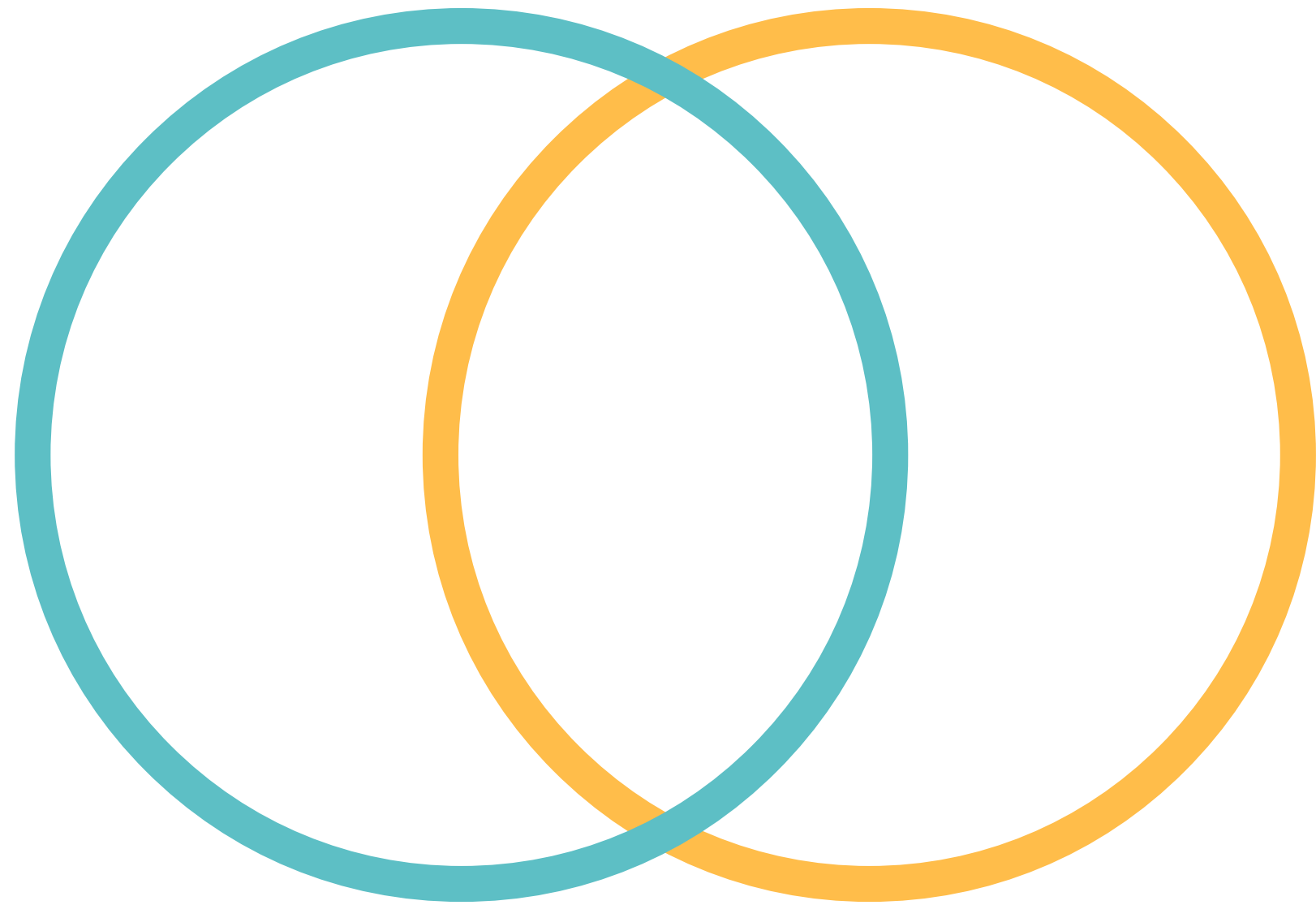


# Personal Wellness Activity

What did you notice?  
What needs more attention?



# INTERDEPENDENCE



**Support & Sustainability**



# REFLECTION

**What changes or supports do you need to implement in your personal and work environment?**



# RECAP

Burnout signs, listen to your body  
Assess what needs attention (use the medicine wheel)  
Action plan: Increase support and improve boundaries



# Questions?



# Thank You

Let's stay connected



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## Evaluation

Your feedback is valued and greatly appreciated!



Scan with the camera  
on your phone