

Vol. 8- December 2024

**Blue Collar Consulting, LLC**

# THE WINTER BLUEPRINT

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## In This Issue:

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Schedule Training for 2025!

02

5 Tips to Avoid Burnout

02

Dog of the Season Spotlight

05

Happy Holiday Message

06

# Scheduling Training for 2025!

Get in touch with us to explore your organization's training needs for leadership, resilience, trauma-informed practices, or wellbeing as we enter the new year!

## Featured Training Series:

### **Trauma-Informed Implementation Series (8 Pt Series)**

Tailored Training for Your Organization! Choose from in-person, virtual, or blended formats to best suit your needs. Our customized training sessions are designed to fit your organization's unique requirements. We include preplanning meetings to understand exactly where your organization, department, or team stands in the trauma-informed implementation process. Transform your team's approach with our flexible and personalized training solutions!

## Featured On-Demand Webinar Trainings:

- **Tired, Thanks for Asking: Recharging Your Energy to Find Joy at Work**
- **Leading Through Change: Supporting Leaders and Staff Through the Messy Middle**
- **Supervision One-on-One 101: Developing Relationship-Based and Productive Supervision Practices**

[Contact us!](#)

**5 Tips to Avoid Burnout: How to reduce your risk of burnout in 5 simple and very basic steps.**  
by, Brooke Sena

Elizabeth Gilbert's book, "Eat Pray Love," brings to mind the phrase "Eat Move Sleep." While it appears straightforward, Gilbert's memoir narrates a year-long quest centered on healing and discovering joy. Reducing burnout and enhancing wellness doesn't mean you have to travel to Italy, but it does require ongoing effort, dedication, and, well, a good amount of self-discipline (which isn't my favorite term since I have a passion for food). If you're ready to explore the five key strategies to alleviate burnout, keep reading.

### **Tip #1 - Eat**

Be mindful of what you eat. While I am not a nutritionist, I do know that 5 small healthy meals helps keep your energy and blood sugar levels steady throughout the day. This may be difficult during this time of year, so play around with it when it's convenient for you. Eliminating (or greatly reducing) processed foods and focusing on whole foods is another great start. By cutting out refined sugars, you'll begin to stabilize your blood sugar level and reduce those pesky cravings. By eating healthy foods, you'll also reduce inflammation and pain in your body. Don't forget to drink water!

### **Tip #2 - Move**

This is the second tip. You have to move. According to the CDC, 1 in 4 adults sit for more than 8 hours a day. While a rest and relaxation is important, living a completely sedentary life can be dangerous for your health. Choose something simple each day such as a walking around the block, or step on the treadmill for 15 minutes if it's cold outside. Even doing some sit-ups, pushups, or jumping jacks will do. Try some simple yoga poses or even dance in your living room! The point is to get your body moving and your blood flowing.

### **Tip #3 - Sleep**

Good sleep is so important. When I meet with my private therapy clients, there is almost always a direct correlation with increased stress, anxiety and/or depression with lack of sleep. So we talk about "good sleep hygiene" before we get into "processing." This boils down to having a consistent sleep/wake time, sleeping in a dark and quiet room (or wear earplugs), and taking 30 minutes before bed to "unwind" just like you would do for a toddler. Prepare your mind and body for sleep. Drink some herbal tea, take a warm bath or shower, turn off all of the screens, and meditate or read a few chapters in a good book. During sleep, your body is working to support healthy brain function, maintain your physical health, and emotional well-being.

### **Tip #4 - Breathe**

Last year, I took a 2-day intensive trauma workshop for therapists and I took away something very simple. Breathing reduces anxiety and has the power to heal (with some additional techniques). Pretty simple. Every system in the body relies on oxygen from cognition to digestion. Deep breathing can provide a greater sense of mental clarity, digest food more efficiently, improve your body's immune response, and reduce stress levels. It can also help you sleep better. So, you can check off tips 3 & 4. Check. Check.

### Tip #5 - Delegate

Lastly, focusing on delegating is key to reducing burnout. Taking just a little bit off your plate (and on to someone else's) can go a long way in helping you in the long run. Oftentimes, we do too much for others. For example, kids. They can do A LOT for themselves AND it feels good to contribute to the family/household. It also helps them learn responsibility and develop consistent work ethic. I am successful today because I learned this early on. Now I am working to delegate. And so can you! Just remember that you are actually helping others by having them help.

*"Exercise not only changes your body, it changes your mind, your attitude and your mood."*  
— Author Unknown.

### Let's Recap...

I just reviewed 5 Tips to Avoid Burnout. There are many others. I just wanted to keep it short and sweet. I hope that you can make these tips a priority in your life. If you need a little help with this, give professional coaching a try. Just send me an email and I will connect you with a Blue Collar Coach. We can start with the "Burnout Assessment" and go from there. I would love to hear from you and happy holidays!

~ Brooke





# Howl You Doing?

## Dog of the Season

**Maddox Lee Sena, but you can call me Dax for short!**



 **woofit**



Meet Dax! Brooke and Brad Sena (also known as B2) welcomed this lively bundle of joy home in September. Now five months old, he weighs an impressive 50 lbs! Dax is a Golden Retriever with a personality all his own, distinguishing him from B2's previous Goldens. He is incredibly sweet and cuddly, but Dax is also VERY vocal, expressing his every need (or desire). At each feeding time, which occurs four to five times a day starting at 5:30 am, he goes wild, running in circles around the kitchen. Dax barks loudly when he's bored or wants to greet another family member wandering around the house. He lets us know when e needs to go outside (thanks, Dax!) and alerts us if we are even five min. late for his scheduled meals.

Dax's favorite activities include playing fetch in the backyard and greeting everyone and anyone that walks through our front door! His boundless energy is matched by his curiosity, as he loves exploring every nook and cranny of the house, ensuring he doesn't miss a single adventure.

When he's not busy being the life of the party, Dax enjoys snuggling up on the couch with Brooke and Brad, often falling asleep to the sound of their laughter. His adorable antics and unwavering loyalty have made him an irreplaceable member of the family. As he continues to grow, Dax is sure to bring even more joy and unforgettable moments to the Sena household, and we look forward to witnessing all the wonderful chapters of his life unfold.

Undoubtedly, Dax fills the Sena household with immense love and joy, and we are thrilled to share his delightful story with you!



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**Page 05**



*Wishing you and your family  
a joyous holiday season!*

**THANK YOU FOR  
BEING A PART OF  
THE BLUE COLLAR  
COMMUNITY!**

~ Your BCC Team

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