MY INTERNAL FIRE

Psychology for Burnout Prevention



individual

indoors

30 mins

drawing | moving

PURPOSE

SELF KNOWLEDGE
- self energy awareness

MATERIALS

- A3 white paper
- colorful pens, pencils, crayons or paints

PREPARATION

- quiet room
- background music

INTRO

This is a cognitive drawing tool developing self-knowledge. The invitation is for you to think about your internal fire, your energy and your burnout prevention tools.

MY INTERNAL FIRE

STEPS

1. In a standing or sitting position, with closed eyes:
• breath deeply 3 times • start to think about your inner "fire" (the one that gives you energy in everyday life), visualize it as a real fire, it's shape, it's size, it's movements • then reproduce the movements of the fire with your body, embodying and feeling it • let it stop naturally, breath deeply 3 times and open your eyes.
2. With this experience as base, draw your internal "fire" on a paper. Observe your draw: • What does it look like? • Does it change its size?
3. Think on - what does a fire need in order to burn? Imagine those elements as symbols for what is needed to keep your inner fire burning, like:



- **oxygen** representing the environment you live in
- **spark** representing the thrilling experiences
- **wood** representing your healthy lifestyle
- the **temperature** representing your control over your energy level
- **thermometer** representing your self-knowledge.

Look at your draw, remember your experience and reflect on: • What gives you the spark for fire in your life? • What kind of environment do you need to light your fire? • How do you take care of your body? • How can you control your fire? • Would you change anything?



REFLECTION

- How was the experience of this exercise?
- What are your insights relating to this activity?
- In what way, this exercise supports your resilience building?

COMMENTS

In Burnout prevention it is crucial to be aware of where you are with your inner fire and it's maintenance, so you can intervene in the burn out process before it's then harder to do so.