

# Prevent Burnout Based on Your Behavioral Style



## Direct Communicators (High D): Pushing Yourself Past Your Breaking Point

Direct communicators (High D) are known for their fast pace, task-oriented work style, and ability to churn and burn. This fast pace is great for achieving tasks and setting goals, but it will eventually overwhelm you and your team without awareness in place.

“I think Ds may be prone to not taking breaks, just powering through. They also may have such a sense of urgency that if they check emails when they are ‘off the clock’ they are likely to respond and start working right then,” said Favor Larson, a Senior Business Development Consultant who herself has a 100 percent D score. “They may also possibly neglect the social side of work since they are not in the office. They no longer have those ‘accidental’ run-ins with people, so they now may find their relationships fall to the side. They should be aware that they may end up feeling disconnected if they do not proactively reach out to connect socially.”

### Solution: Tune in but Log Off!



Pacing yourself might be harder than ever, but you need to slow down. Do this by scheduling breaks into your workday, reaching out to your team members to connect, and setting hard stops on your day.

Don’t let yourself work past your regular sign-off! If this is frustrating, just remember these boundaries are ensuring you can take care of yourself, your work, and your team. Keep that perspective in mind.

***The number one thing each behavioral style can do to avoid burnout is focus on increasing communication.***

For more information about how you can bring DISC assessment and training to your organization, please contact [phlr@reynoldsconsulting.org](mailto:phlr@reynoldsconsulting.org) or 713 249 38436