

TOP SELF-CARE STRATEGIES TO PREVENT BURNOUT

WATCH FOR THE SIGNS.

Monitor the 3 symptoms of burnout:

1. Loss of energy
2. Loss of enthusiasm
3. Loss of effectiveness



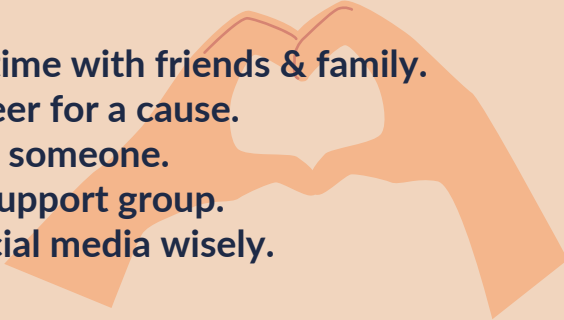
TAKE CARE OF YOUR HEALTH.

- Eat right.
- Exercise.
- Get enough sleep.
- Get annual checkups.
- Take breaks & vacations.



GIVE & GET SOCIAL SUPPORT.

- Spend time with friends & family.
- Volunteer for a cause.
- Mentor someone.
- Join a support group.
- Use social media wisely.



MAINTAIN WORK-LIFE BALANCE.

- Manage time & priorities.
- Time-block top goals.
- Set healthy boundaries.
- Find & enjoy non-work related activities.



REDUCE YOUR STRESS.

Address causes of burnout at their source. Common culprits are:

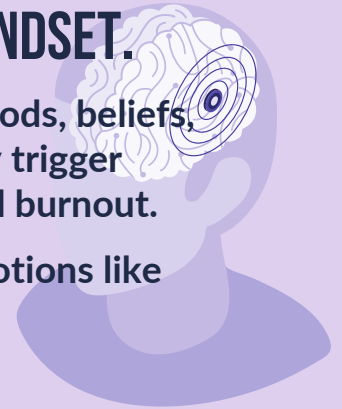
- Poor communication & relationship issues
- Heavy workload
- Lack of resources



CHANGE YOUR MINDSET.

Be aware of how moods, beliefs, and perceptions may trigger feelings of stress and burnout.

Nurture positive emotions like joy and gratitude.



DEVELOP NEW SKILLS.

Learn how to make work more efficient and productive.

Become more skilled at communication & relationship-building.



FIND MEANING & PURPOSE.

Align your work with your core values. Find what fulfills your passion & purpose. Spend more time working on that.

