

Burnout Buffer

Take a break.

Whether it be for a few moments to taking a day off or more time away.

Get sleep.

Sleep is so important in helping the body and mind to recharge.

Incorporate exercise into your routine.

Even a 15-minute walk can help.

Practice mindfulness.

Prioritize your wellbeing and do things that bring you joy.

Set boundaries.

Organize tasks to help with prioritizing what needs to be done versus what can wait.

Resolve work struggles.

Talk with your supervisor to help in problem-solving.

Seek professional support.

Reach out for additional support and ask for help if you need it.

