

# 3 ways to beat **BURNOUT**

It's helpful to remember that burnout is, in many ways, a response to depletion and has very real physical, emotional, and cognitive consequences. Beating Burnout is critical so you can live with energy, success, and satisfaction.

**1**

## **RECONNECT WITH YOUR PERSONAL PURPOSE**

Know what brings you meaning and purpose and let that guide you. If you've been charging ahead, doing, doing, doing, take some time throughout your day to PAUSE and ask yourself, "**Is what I'm doing aligned with what really matters to me?**"

## **BUILD RESILIENCE**

Taking care of yourself is not selfish! It's key to a strong, successful you, and it helps you build resilience for those times when life and work are particularly stressful.

**2**

### **Consider the following:**

- Physical: are you sleeping 7 - 8 hours, eating healthfully, and moving every day?
- Emotional: are you calming your emotions, developing relationships, and getting the personal support you need?
- Cognitive: are you doing things that stimulate your mind?

**3**

## **BUILD CONNECTION AND CAMARADERIE**

Strong relationships help you stay healthy, cope with challenges, and live a longer, heart-healthy life. Take time to nurture relationships and develop new ones throughout your life and work.

**WARNING: Tackling this entire list will cause burnout!\***

**\*Instead, start with 1 or 2 small things you can do to beat burnout. Remember, small consistent steps taken over time will help you beat burnout!**

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