

10 Self-Care Strategies to Avoid Sickness and Burnout

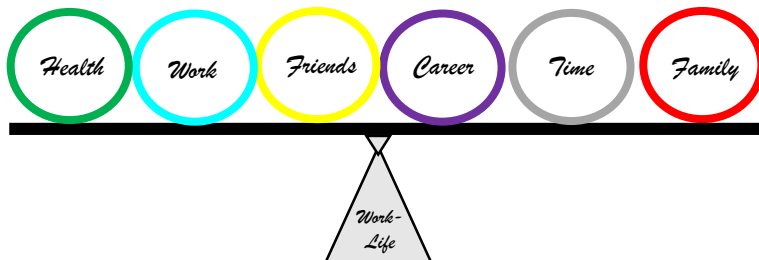
Understanding Burnout

Burnout is a state of emotional, physical, and mental exhaustion that can take the joy out of your career, friendships, and family interactions.

Feeling overwhelmed, tired, and emotionally drained may lead to loss of interest, along with a decrease in motivation.

Recognizing Signs and Symptoms

- ❖ Lack of drive
- ❖ Decrease in productivity
- ❖ Increase substance use and abuse
- ❖ Communication breakdown
- ❖ Irritability
- ❖ Lowered immunity, frequent illness



Self-Care Strategies

1. Focus daily on your accomplishments
2. Create a space in your home that feels peaceful
3. Keep your environment organized
4. Take regular assigned breaks
5. Determine your priorities for the week and review them regularly
6. Consider taking a break from social media
7. Pay attention to what you are doing and where you are, without thinking about the past or future
8. Exercise, eat healthy and sleep well
9. Meditate
10. Become more involved and connected with friends, family and/or the community