

# BURNOUT PREVENTION

Taking care of your mental and emotional health

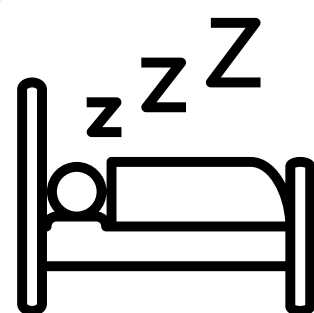


## SET CLEAR BOUNDARIES:

Disconnect from work outside of your working hours.

## PRACTICE SELF-CARE:

Sleep well, eat healthy and exercise regularly.



## TAKE FREQUENT BREAKS:

Small breaks during the day help to recharge your energy.



## SEEK SOCIAL SUPPORT:

Talk to friends, family or colleagues about how you feel.



## MANAGE STRESS:

Try relaxation techniques such as meditation or deep breathing.