care solace

How To Manage Burnout

Prioritize Self-Care

Invest in yourself, mind, body, and soul. Get enough sleep, nourish yourself with healthy food and move your body. You aren't able to help others if you don't first help yourself.

Reconnect with your Purpose

Remember why you started this career in the first place. Was it to make a difference? Do something meaningful? Help others? Reconnect with that core purpose and let it be your motivation.

Manage Workload and Expectations

Be realistic about what you can achieve in a day. Don't be afraid to delegate or ask for help. Set achievable goals and celebrate your small wins.

Create Daily Anticipation

Cultivate something to look forward to after work, whether it's a hobby, a social event, or personal relaxation. These small anticipations can act as mini-rewards, keeping you motivated and reminding you that there's life beyond work.

Take Regular Breaks

Step away for 10 minutes to walk around the block, stretch, meditate, or simply close your eyes and take a deep breath. Give your mind and body mini-respite throughout the day. These breaks aren't just indulgences; they're essential for maintaining focus, boosting creativity, and preventing burnout.

Set Clear Boundaries

Learn to say no and establish clear boundaries between work and personal life. Know your bandwidth and don't be afraid to politely decline extra work if your plate is already full.

Practice Mindfulness

Be present in the moment. Focus on the task at hand and avoid getting bogged down by past mistakes or future worries.

Seek Support

Don't be afraid to ask for help. Talk to a friend, family member, therapist, or colleague about what you're going through. If you need to talk to someone, please see the resources below.

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